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KATY PERRY'S PERSONAL TRAINER, HARLEY PASTERNAK, TELLS METRO HOW THE 28-YEAR-OLD POP STAR STAYS IN SHAPE PAGE 25

Closing the wage gap

New research shows minimum-wage workers are on the rise in Ontario and are more likely to be women, visible minorities and immigrants PAGE 5

Setback for freed Canucks

The Toronto filmmaker and London, Ont., doctor jailed for seven weeks in Egypt remain stuck in the country over unspecific bureaucratic glitches PAGE 5

Will Harry put a ring on it?

New uncle, soon to be a newlywed? Rumour has it royal wedding bells are set to ring again, this time for the fourth in line for the British throne PAGE 8

NEWS WORTH SHARING.

The curious case of Ford's cellphone

Police investigation. Sandro Lisi's hunt for mayor's mobile device sparked Project Traveller spinoff probe aimed at suspected drug traffickers

Alexander (Sandro) Lisi's attempt last March to swap drugs for a stolen cellphone believed to belong to Mayor Rob Ford helped kick-start a top-secret police investigation, a Torstar News Service investigation reveals.

The probe, which a police document states is called Project Brazen 2, is a spinoff of Project Traveller, the guns and gangs investigation that culminated in massive arrests on June 13. Brazen 2 is an investigation of "drug trafficking," a police document states. Two arrests were made in this investigation last week: Lisi and the owner of an Etobicoke dry-cleaning shop.

Brazen 2

The spinoff probe was created to delve into a number of people who "were suspected to be engaged in drug trafficking; however were not the subjects of the Project Traveller mandate," according to the police document. The document does not name those people.

The police document, which is part of the case against Lisi, describes Lisi's attempt to retrieve a cellphone belonging to "an associate" of his. The document does not name Ford but one source told Torstar the phone belonged to Ford, while two other sources said Ford's phone was taken around this time and attempts were made to retrieve it. Neither Ford nor Lisi responded to requests for an interview.

Torstar learned several months ago the story of Ford's missing phone — an incident that panicked the mayor and some of his staff. The phone was taken from the mayor in the latter part of March and was apparently retrieved. Torstar does not know what was on the phone that would cause concern or if it was used to make any telephone calls while it was in someone else's possession.

Lisi — who has a criminal record for assaulting and threatening women — is a friend of Ford's and has been his occasional driver. In late March of this year, investigators learned that Lisi was "brokering the return of a cellular phone stolen from an associate of his," the police document states. To get the phone back, Lisi was offering a "payment of marijuana" to a person in possession of the phone. The document does not say if the phone was retrieved. Sources have told Torstar that Ford did get his phone back.

TORSTAR NEWS SERVICE

POLICING THE BETTER WAY

A TTC special constable patrols Toronto's subway system in this July 2008 file photo. The Toronto Police Services Board is looking at returning special-constable status to the TTC's transit-enforcement officers after TTC CEO Andy Byford made the request. Story, page 3. COLIN O'CONNOR/TORSTAR NEWS SERVICE FILE

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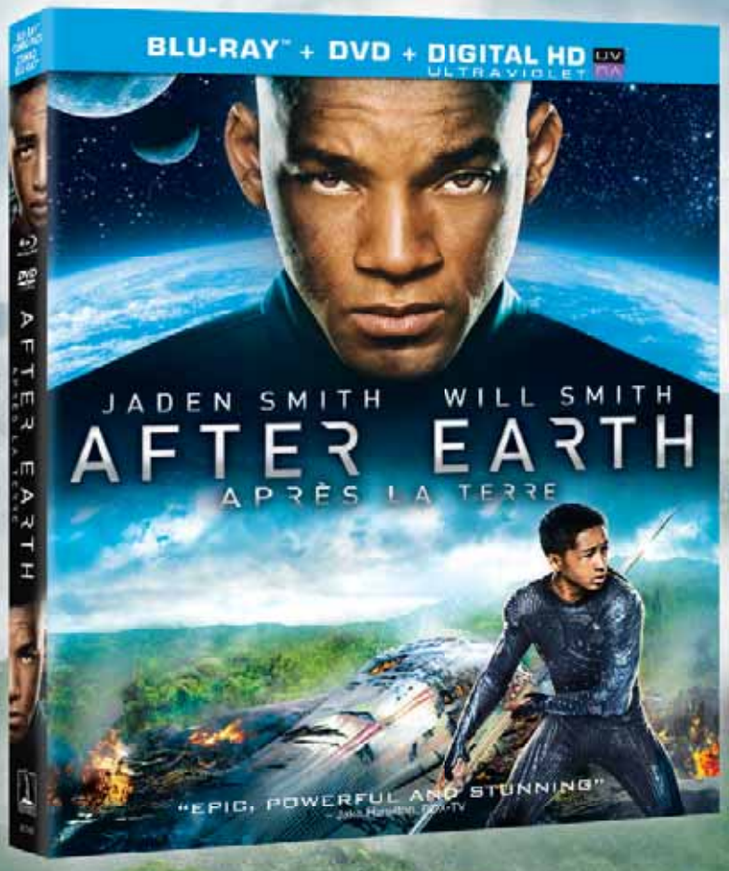

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Back down now and they'll all be laughing at us: Stintz

Transportation. Voting against extending Bloor-Danforth subway east will mean a shorter line, TTC chair warns

City council could finally and firmly commit this week to replacing the Scarborough RT with a $2.5-billion subway and a property tax hike to help pay for it.

Or it could doom itself to "irrelevancy" by returning to its original agreement to spend $1.48 billion in provincial funding on an LRT, says TTC chair Karen Stintz. That would send the message that council is turning its back on $660 million from Ottawa, money the city requested to fund the subway.

A city manager's report asking councillors to reaffirm their choice of a subway or LRT "is misleading," she said, because council approved a subway in July. The question before the October meeting of council that starts Tuesday is which subway the city should build, said Stintz.

There's only one answer, she said: Councillors must confirm the route they endorsed in July that would extend the Bloor-Danforth line to Sheppard Avenue East to connect with the future Sheppard LRT.

Failure to do that will almost certainly see Queen's Park proceed on a plan to build a shorter, above-ground subway proposed by Ontario Transportation Minister Glen Murray, warned Stintz.

"We will be the laughing-stock of the nation if we turn our back on $660 million (from Ottawa) after we said we wanted it," she said.

Coun. Paula Fletcher, who voted for the subway in July, said she can't support it this time, given that all of council's conditions for approval have not been met and there are outstanding questions about potential cost overruns that the city would need to cover, penalties for cancelling the LRT and construction maintenance.

TORSTAR NEWS SERVICE

TTC chair Karen Stintz
TORSTAR NEWS SERVICE FILE

Front Street still far from finished

A city report warns of cost increases at Union Station in Toronto. The project started at $640 million, grew to $715 million due to added costs for the Path connection and other things and has now been increased again by $80 million to bring the total bill to $795 million. STEVE RUSSELL/TORSTAR NEWS SERVICE

TTC. Transit cops to get real cop powers again?

The Toronto Police Services Board is looking at returning special constable status to the TTC's transit enforcement officers.

Transit cops, who catch turnstile jumpers and discourage panhandling in the subway, were stripped of that status in 2010 following allegations that they were exceeding their authority.

Without it, the TTC officers can't make an arrest unless they personally witness an offence. They have to try and hold a suspect until a police officer can come and make the arrest.

Having that authority returned would allow transit cops to make an arrest immediately if there was a reasonable suspicion that the law had been broken.

Policing the transit system without special constable powers is inefficient, argues TTC CEO Andy Byford.

Quoted

"My argument will be (TTC officers) have been doing the job with their hands tied behind their back."

TTC CEO Andy Byford

A TTC business case looking at the issue is before the police board's regularly scheduled meeting on Monday, after board members asked for more details to consider the request.

Byford said he's given Toronto police Chief Bill Blair his personal assurance that TTC officers won't abuse the status, which the police board grants to the Toronto Community Housing Corp., the University of Toronto and some court officers.

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Ontarians making minimum wage up

Anti-poverty. Groups say $14 minimum wage would allow a person working full-time to live about 10 per cent over provincial poverty line

The share of Ontario workers toiling for minimum wage has more than doubled to nine per cent from 4.3 per cent since 2003, according to new research being released Tuesday.

And those $10.25-per-hour workers are more likely to be women, visible minorities and immigrants, says the study by the Wellesley Institute.

The research, based on StatsCan data from 2003 to 2011, shows that young workers are more likely to be earning minimum wage. But almost 40 per cent, or 183,000 of them, are 25 or older, the study shows.

Another one million, mostly 25 or older, earn between $10.25 and $14.25.

"This study shows that it is not just students who are working for minimum wage," said study author Sheila Block. "More than half of workers who would benefit from a $4 increase in the minimum wage are over 25."

"In a time when governments feel their budgets are constrained, minimum-wage policy is something that can address income inequality," Block told Torstar News Service.

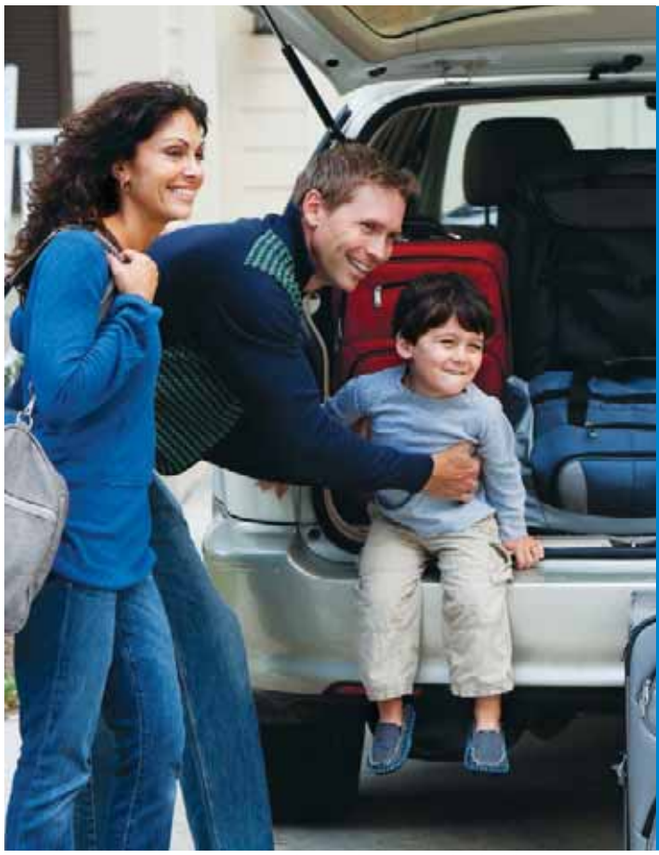
Until the Liberals were elected in 2003, Ontario's minimum wage was stuck at $6.85 an hour for eight years. Between 2004 and 2010, they raised it to $10.25 an hour, but it has been frozen since. Last summer, the Wynne government appointed a panel to study how best to set future increases.

Computer technician Ankit Aggarwal, 26, has worked a string of minimum- and low-wage jobs since coming to Toronto from India in 2010.

Although his pay as a cashier at a corner store increased to $10.90 an hour, it is "hard to save any money," he said.

"It is very hard to find work in my field," said Aggarwal, who has a bachelor's degree in computer studies and a master's in business administration from India. **TORSTAR NEWS SERVICE**

Ankit Aggarwal, 26, in his Rexdale basement apartment where he lives with his brother. He is trying to find a job in computers and eventually hopes to start his own business. CHRIS SO/TORSTAR NEWS SERVICE



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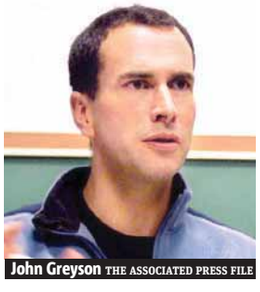
Released Canadians' exit murky



John Greyson THE ASSOCIATED PRESS FILE

Two Canadians unexpectedly freed from a prison in Egypt over the weekend are expected home by the end of the week, a close relative said Monday, but an Egyptian official said the men's fate remained in the hands of a judge.

In an interview, Cecilia Greyson said her brother John Greyson and Tarek Loubani are doing well and using the delay in dealing with unspecified bureaucratic glitches to acclimatize to their freedom.

"We knew all along that it was going to be at least a few days for them to actually be able to leave Egypt," Greyson said.

"There is some bureaucracy that the Canadian consular staff in Cairo are working to get through."

Greyson said the two were released "without conditions" and were with consular officials.

However, a spokesman for Egypt's Foreign Affairs Ministry said the men remained under active investigation, and it was far from clear when they might be allowed to leave.

"The public prosecutor office and the investigative judge should decide whether they will be tried before a court, or the whole investigation file should be closed and then they'll have the right to go home," Badr Abdelatty told The Canadian Press. **THE CANADIAN PRESS**

Oakville gas plant

Cancellation still hurting Grits

Premier Kathleen Wynne's minority Liberals are bracing for a damning auditor-general report expected to reveal the cost of cancelling two gas plants was much higher than the $585 million previously claimed. The premier sounded contrite about the fiasco. **TORSTAR NEWS SERVICE**

Pan-Ample payout

Wynne defends $7M bonus

Premier Kathleen Wynne says a $7-million bonus for Pan Am Games staffers is not "out of whack" for such events. Wynne, who has condemned some of the expenses, defended paying 64 employees up to 200 per cent of their base salaries if they stick around and stay on budget. **TORSTAR NEWS SERVICE**

Peel Public Health

Private info on SD card stolen

A memory card containing the names, addresses, birthdates and marital statuses of more than 18,000 people has been stolen from a Peel Region employee's car.

"It is not standard or acceptable practice for any staff to put client information on unencrypted devices," said Dr. Eileen de Villa, the region's associate medical officer of health. TORSTAR NEWS SERVICE

Seriously injured

Jamaican workers to stay on OHIP

Ontario has lost its bid to terminate OHIP coverage of two migrant workers who were injured in a car accident. An earlier ruling was upheld, stating the province must continue to provide coverage when extraordinary circumstances prevent temporary workers from returning to their country of origin at the predetermined date. TORSTAR NEWS SERVICE

String of armed thefts

Subway robber is likely back: Cops

Police believe a gunman who robbed the Chester subway station Sunday night is the same man who committed two similar holdups this summer. They say that around 10:30 p.m., the man poked a pistol through a hole at a collection booth and demanded cash. TORSTAR NEWS SERVICE

Huronia Regional Centre

Wynne waits to say sorry for abuse

Former residents of the Huronia Regional Centre for the developmentally delayed were disappointed Monday after Premier Kathleen Wynne wouldn't promise to apologize for physical, sexual and emotional abuse that thousands suffered there. Wynne said an apology would be premature because a judge has not yet approved a $35-million settlement or the nature of a statement from the province. TORSTAR NEWS SERVICE

Grandma took kids for benefit then discarded them, inquest hears

Jeffrey Baldwin death. Children were locked in cold room, underfed and denied a toilet

Jeffrey Baldwin weighed just 21 pounds when he died at age five. CONTRIBUTED

A Toronto woman who starved her five-year-old grandson to death wanted custody of the boy and his siblings because she lived in social housing and without them she could lose her home, a coroner's inquest heard Monday.

Jeffrey Baldwin's mother told the inquest that her own mother was constantly threatening to take her children away. "(It) seemed like all she ever wanted was my kids," Yvonne Kidman testified.

Yvonne's parents, Elva Bottineau and Norman Kidman, did eventually get custody of all four children.

Around the time Bottineau and Kidman got custody of Jeffrey and one of his sisters, two of their own kids had moved out and a third was thinking of leaving, Yvonne testified.

"She was on the verge of losing her home because she loses all her money," she said.

Yvonne and her mother did not have a good relationship, she said. She was kicked out of the house at age 16 and had her first child — a planned pregnancy with her boyfriend — not long after.

But when the teenage parents fought, sometimes physically, they would phone Bottineau for advice, each testified. Records show that Bottineau would then call the children's aid society and report those fights.

Kidman disputed much of the Catholic Children's Aid Society file details, such as allegations she yelled at, hit or shook her kids.

She and her boyfriend had problems, she admitted, but the children were happy and healthy. As they lost custody of each child under what they thought were temporary arrangements, Bottineau would file for, and get, permanent custody in family court. TORSTAR NEWS SERVICE

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Royal wedding watch

Prince Harry set to marry?

Is the last unattached royal Brit about to go off the market? Prince Harry, William's younger brother and fourth in line for the British throne, is said to be close to proposing to his girlfriend, Cressida Bonas. "Harry never stops talking about marriage and children, and she has now got used to the idea," a friend of Bonas's tells the Telegraph newspaper. "The wedding is likely to take place next year." MELINDA TAUB/MWN

Fox News

Anchor apologizes for saying Obama funded Muslim museum

Fox News anchor Anna Kooiman has apologized for falsely saying that U.S. President Barack Obama had offered to pay for the operation of a museum of Muslim culture "out of his own pocket" during the government shutdown.

Kooiman didn't cite a source, but a satirical news site called National Report had posted a similar story. THE ASSOCIATED PRESS

France

Sarkozy cleared in donations case

Former French President Nicolas Sarkozy was cleared Monday of allegations that he illegally took donations from L'Oreal cosmetics heiress Liliane Bettencourt, 90, France's richest woman, on the way to his 2007 election victory, his lawyer said. THE ASSOCIATED PRESS

Anti-Korean group told to pay for 'hate speech'

Japan. Court orders $120,000 in compensation paid to school after classes disturbed by rallies that frightened children

Anti-Korean rallies in Japan have escalated this year in cities with Korean communities. In Tokyo's Shin-Okubo district, dotted with Korean restaurants and shops popular among South Korean pop-culture fans, hundreds of Zaitokukai members and supporters have called Koreans "cockroaches," shouted, "kill Koreans" and threatened to "throw them into the sea." SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS FILE

A Japanese court on Monday ordered a group of anti-Korean activists to pay a Korean school in Kyoto 12 million yen ($120,000 US) in compensation for disturbing classes and scaring children by holding "hate speech" rallies outside the school.

The ruling acknowledged for the first time the explicit insults used in the rallies constituted racial discrimination, said human-rights experts, lawmakers and others calling for restrictions on hate speech. They said the ruling could prompt a move to exempt such speech from Japan's constitutional right to free speech.

Though attendance at such rallies has been limited to a few hundred people at most and they are far from becoming mainstream, similar demonstrations of nationalists targeting ethnic Koreans and other minorities have escalated since earlier this year, amid Japan's chilly diplomatic relations with its Asian neighbours. THE ASSOCIATED PRESS

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Spy games. Brazil wants Canada to explain espionage allegations

Brazil on Monday demanded clarifications from the Canadian government about allegations that its spies targeted Brazil's Mines and Energy Ministry, in what Brazilian President Dilma Rousseff said appears to be an act of industrial espionage. Foreign Minister Luiz Alberto Figueiredo summoned the Canadian ambassador in the capital of Brasilia to "transmit the indignation of the Brazilian government and demand explanations," the Foreign Ministry said in a statement that followed the revelations that were aired Sunday night on Brazil's Globo network.

The report said the metadata of phone calls and emails from and to the ministry were targeted by Canada's Communications Security Establishment to map the ministry's communications. It didn't indicate if emails were read or phone calls listened to.

The report was based on documents leaked by former National Security Agency contractor Edward Snowden and was the latest showing that Latin America's biggest country has been a target for United States, British and now Canadian spy agencies.

During Monday's meeting, Figueiredo expressed "the government's repudiation of this serious and unacceptable violation of national sovereignty and the rights of people and companies," the Foreign Ministry statement said. THE ASSOCIATED PRESS

Why spy?

In comments Monday on Twitter, President Dilma Rousseff said industrial espionage appears to be behind the alleged spying.

- Canadian companies have large mining interest across the globe, including in Brazil.

Baird mouthing

Maldives not impressed with Minister Baird

John Baird
THE ASSOCIATED PRESS

Foreign Affairs Minister John Baird is in hot water with the Maldives.

Maldives President Mohamed Waheed wrote to Stephen Harper to complain about Baird's conduct during recent Commonwealth meetings in New York.

In a statement posted on the Maldives president's website, Waheed alleges Baird made "inappropriate and derogatory remarks" and "posed several harshly worded questions" to his acting foreign minister.

Baird's office says the minister raised concerns about the first round of voting in the Maldives' presidential election, which the country's highest court on Monday declared was flawed. THE CANADIAN PRESS

Even beautiful Bali cannot distract Harper from worries over upcoming leaders' summit

Prime Minister Stephen Harper has used the platform of one international leaders' summit in Bali Monday to fire a torpedo into the hull of another. Harper stepped to the sidelines of the Asia-Pacific Economic Cooperation gathering on this idyllic Indonesian tourist island to formally confirm he'll boycott next month's Commonwealth summit in Sri Lanka. He threatened that Canada could cut the purse strings to the 64-year-old Commonwealth organization due to ongoing human rights abuses by the host Sri Lankan government. Canada contributes about $20 million annually to various Commonwealth initiatives. SEAN KILPATRICK/THE CANADIAN PRESS

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LE Eco

Corolla LE ECO shown.

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***Fuel efficiency estimates were determined using approved Government of Canada test methods. Actual fuel consumption will vary based on driving habits and other factors.*

TOYOTA

toyota.ca

My Story published

Elizabeth Smart recounts '9 months of hell' in memoir

Minutes after 14-year-old Elizabeth Smart was snatched from her bedroom a decade ago, a police cruiser idled by along a neighbourhood street as she was forced to the ground at knifepoint. "Move and I will kill you!" her captor hissed.

It was one of several fleeting times Smart, now 25, watched a rescue slip away during her nine-month ordeal, she recounts in My Story, a 308-page book being released by St. Martin's Press on Monday.

Elizabeth Smart

THE ASSOCIATED PRESS

Bartender's big tip

Lottery ticket turns into $17,500 boon

An Oregon bartender just got the tip of a lifetime.

One of Aurora Kephart's regulars at Conway's Restaurant and Lounge in Springfield often tips her with Keno tickets from the Oregon Lottery.

On Tuesday evening last week, the man who wishes to remain anonymous asked Kephart to choose two.

When she checked the numbers, Kephart's first ticket won $5. The second turned into a $17,500 US gratuity.

"I automatically handed it back to him; it was his ticket," said Kephart, 25.

But the man wouldn't take the ticket and made Kephart sign it so she would be the only one able to collect the prize.

THE ASSOCIATED PRESS

Prisoners file lawsuit over alleged abuses

Prison fight club.
One inmate alleges they're forced to fight each other for 'staff entertainment'

Five inmates are suing a federal maximum security penitentiary in Edmonton, alleging the guards are spitting in their food, beating inmates and running a sadistic prisoner fight club.

The allegations are contained in lawsuits filed in Court of Queen's Bench by inmates against the Edmonton Institution.

Prisoner James Wigmore, in his statement of claim, says the acts are part of a systematic plan to terrorize and dehumanize the inmates.

He says the abuses occur in the segregation unit and that inmates are forced to fight each other for, in his words, "staff entertainment."

A spokesman for the Correctional Service of Canada declined comment as the case is before the courts.

The statement of claim contains allegations that have not been proven in court.

Erika Norheim, the lawyer representing the inmates, says the prisoners have tried to stop the abuse in-house for the last year without success and that the lawsuits are a last resort. Norheim says more lawsuits from other inmates are on the way.

THE CANADIAN PRESS

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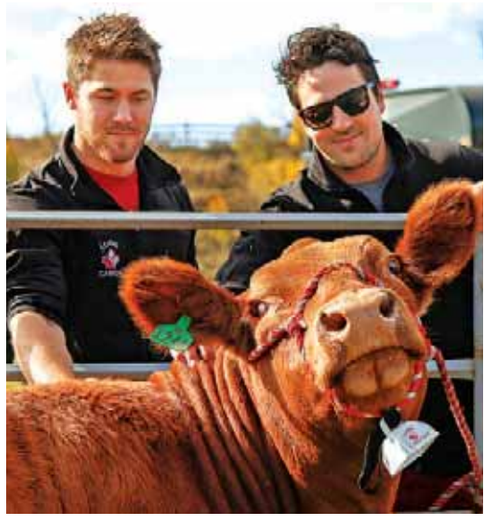

Luge team beefs up with help from cattle rancher

Luge racers Tristan Walker, left, and Sam Edney meet with Zena a two-year-old heifer at a cattle ranch near Okotoks, Alta., Monday. Less than a week after the Canadian luge team slapped For Sale stickers on their helmets, they wore race suits and cowboy boots to a cookout in the foothills southwest of Calgary. Cattle rancher Mark Barnert donated a cow from his Pin to Point Gelbvieh farm to six members of the national team. "They straight up gave us beef," slider Alex Gough said. "We got a cow we split six ways." The luge team lost the title sponsor they'd recruited with their first For Sale campaign in 2009. It was a five-year partnership with a financial investment company worth $1 million, but the company couldn't fulfil the final year of its commitment. JEFF MCINTOSH/THE CANADIAN PRESS

‘Thrill kill’: Were 3 Toronto men shot with no real motive?

‘Random acts of violence.’ Criminologist claims separate incidents fit a sinister pattern

JESSICA SMITH
jessica.smith@metronews.ca

“Thrill kill” is a label given to a murder that doesn’t make sense to most — a murder with no motive but the desire to kill someone.

According to a Toronto police theory, two people were shot to death and a third wounded in three “random acts of violence” last year. On Sept. 26, police arrested a group of six people and charged them all with first-degree murder.

Police described the alleged perpetrators as “ruthless,” and said the shootings followed a basic pattern: a group drives up and someone shoots. The first random homicide victim, Daniel Davis, was talking to friends at Flemington Public School; the second, Marvin Engelbrecht, was walking a dog. The victim who survived, age 18 at the time, hasn’t been named. He was walking when a car pulled up, two people inside asked him some questions and one shot him, police said.

According to criminologist Jack Levin, a professor at Northeastern University, the allegations fit the pattern for thrill kills.

What is a thrill kill?

Typically, a group will be involved and there will be two motivations: first, the sadism of a leader or leaders; secondly, group bonding, Levin said.

“At least one of the perpetrators has a sadistic bent that he satisfies by attacking vulnerable victims. The more that he inflicts pain and suffering and even death, the better he feels about himself,” Levin said.

The bonding motivation is akin to gang or fraternity initiation: an event becomes the glue that holds them together, even if the perpetrators aren’t part of a formal gang or group, he said.

“The perpetrators share a secret. They express their loyalty to one another and those who don’t go along are rejected. And that’s the last thing that teenagers and young adults want, to be rejected by their close friends,” said Levin.

While one or more in the group may have that sadistic bent, the rest don’t necessarily, but instead are pulled into murder by the “chemistry” of the group, he said.

Often, some kind of hate or discrimination factors into how the victim or victims are chosen, said Levin.

“It makes it that much easier to inflict pain or take the life of someone they already consider to be subhuman.”

Police at the scene of a shooting at Flemington Public School in July 2012. Daniel Davis was killed while talking to friends in what police believe was as a random act of violence. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

Thrill kill vs. mass murder

Levin separates the motivation for a thrill kill from a mass murder, even though it seems just as senseless to the public.

A mass murder typically involves a need to get even with society, he said.

“Revenge tends to play an important role in many of these rampage shootings in public places, committed by strangers who don’t know their victims and are out to get even with humankind; or with all women — like Marc Lepine in Montreal,” he said.

The more randomly targeted the mass murder, the more likely the killer is psychotic, but thrill killers aren’t typically out of touch with reality, he said.

“Their motivation comes out of an intense need to feel powerful,” he said. “They are typically individuals who grew up with a profound sense of powerlessness. They have been raised in a harsh and threatening environment, they may have been abused or neglected or tortured so they felt a total submission.”

Toronto police respond

Although Homicide squad commander Greg McLane describes the three random killings as “ruthless,” he isn’t sure if they are thrill kills.

“It’s hard to say,” he said. “Sometimes we never know what’s in the mind of the offender when he steps out and kills somebody randomly like that. I would phrase it as they are serial predators. Their behaviour is serial in nature and they prey upon innocent people in the community where they work and live and it’s that simple.

“What it does for them, if it is a thrill kill, I really don’t know. I can’t answer that,” he said.

Murder investigation

The societal impact of a stated motive

Understanding the motive of a murder can help ease fear in the public, according to top Toronto homicide detective Gary Giroux.

Giroux recently announced a public appeal for information that would help the police understand why an Eritrean woman was stabbed to death on her way home from work last fall.

At first, it seemed to be a random killing, but later police established that the victim, Nighisti Semret, knew her killer, who knew her schedule and waited for her on the street. They arrested a man who identified himself as Adonay Zekarias. Detectives are searching for an international connection and have sent his DNA profile to Interpol, but still don’t know the motive.

“Motive isn’t a particularly imperative element of a murder prosecution — unlike what you see and hear on television,” he said. “But it does help average members of the community understand why people kill other people.”

It would be less concerning to the public that the murder wasn’t “random” and “that there wasn’t some crazy man going around stabbing and attacking random women on their way home,” he said.

RICK MERCER REPORT
From atop Mt. Nimbus in BC, Rick kicks off the season on a high note.
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Argentina's president to undergo surgery

Subdural hematoma. A blood clot between Cristina Fernandez's brain and skull has been causing worrying symptoms

Argentina's president will undergo surgery Tuesday to remove blood between her brain and skull that has been causing new and worrying symptoms, physicians said.

Doctors said they had ordered President Cristina Fernandez, 60, on Saturday to rest for a month after discovering the subdural hematoma — a clot inside her skull pressuring her brain and causing headaches. In some patients, such blood clots reabsorb by themselves over time.

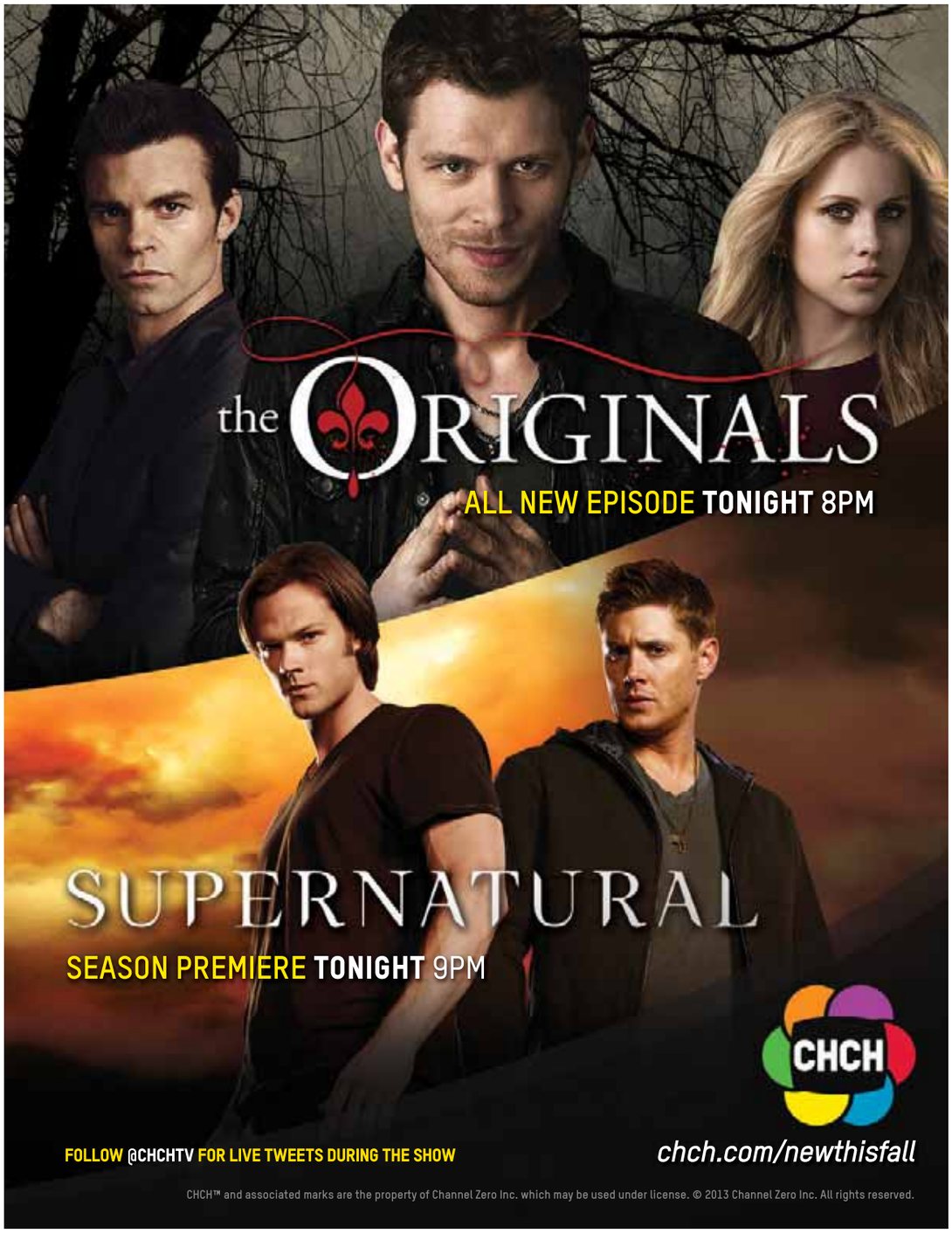
But the situation became more urgent after Fernandez felt a weakness and numbness in her upper left arm Sunday evening, according to doctors at the Fundacion Favaloro, one of Argentina's top cardiology hospitals.

"Facing these symptoms, the team decided on surgical intervention," the hospital's doctors said Monday.

The surgery involves drilling small holes through the skull to remove old blood.

Her doctors attributed the injury to a still unexplained blow to her head she suffered Aug. 12. That would have been the day after a primary vote showed a significant drop in support for ruling party candidates, despite her intensive campaigning. THE ASSOCIATED PRESS

Argentina's President Cristina Fernandez arrives at a local hospital in Buenos Aires Monday. PABLO MOLINA/DYN/THE ASSOCIATED PRESS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Somalia. Target of SEAL attack planned to strike UN's Kenya HQ: Report

The man U.S. Navy SEALs tried to take down in Somalia over the weekend was a Kenyan who had plotted to attack his country's parliament building and the UN headquarters in Nairobi, according to a Kenyan intelligence report.

The pre-dawn, seaside raid Saturday targeted Abdulkadir Mohamed Abdulkadir — also known as Ikrima — a U.S. official said. The U.S. troops are not believed to have captured or killed their target.

In the internal report by Kenya's National Intelligence Service, Abdulkadir is listed as the lead planner of a plot sanctioned by al-Qaida's core leadership in Pakistan to carry out multiple attacks in Kenya in late 2011 and early 2012. Those attacks, linked to the Somali Islamic extremist group al-Shabab, were reportedly disrupted.

The report, leaked to media in the wake of the Sept. 21 attack on Nairobi's Westgate Mall, also warns of "Mumbai-style attacks," referring to the assaults in Mumbai, India in 2008 in which operatives stormed several locations with guns and grenades. THE ASSOCIATED PRESS

The White Widow

- The report lists Samantha Lewthwaite — a Briton known in U.K. media as "The White Widow" — as one of several "key actors" in the plot to attack Parliament buildings, the UN office in Nairobi, Kenyan Defence Forces camps and other targets.
- The plotters also intended to assassinate top Kenyan political and security officials, the report said.

Samantha Lewthwaite, a.k.a. "The White Widow" CONTRIBUTED

Mexico

Organizers, driver blamed for deadly monster-truck disaster

Mexican government officials and event organizers on Monday blamed the driver of a monster truck for losing control and plowing into a crowd of spectators, killing eight and injuring dozens. Motor-sports experts pointed to the organizers, saying the setup of the state-sponsored show was blatantly deficient and life-threatening.

Organizers of the Extreme Aeroshow said that hundreds of families had gathered without permission in what was supposed to be the pit area of the makeshift arena. THE ASSOCIATED PRESS

Quoted

"There is no excuse for why the spectators were situated as they were, period." Marty Garza, spokesman for the Monster Truck Racing Association

Silicon Valley dresses up

No offence Mark Zuckerberg... but hoodies are out, with young men ditching sweats for suits — or at least a sport coat

The Silicon Valley has had a men's fashion problem dating back to its founders.

From their inception, tech companies went out of their way to be different — and that meant no more business suits. Thus brilliant innovations took place in the dumpiest of outfits as leather sandals, elastic-waist jeans and old T-shirts became ubiquitous.

But that's changing as a younger generation of engineers and designers have arrived seeking clothes that co-ordinate.

"There's definitely a shift happening here, and the age of the Silicon Valley culture has something to do with it," said image professional Joseph Rosenfeld.

"As a generation," he said, young professionals "tend to care more about style than engineers of the past."

The market has responded to this new attitude among the region's rising nerds, geeks and hackers with new online men's stores, personal style consultants and an array of high-end shops at Northern California's biggest mall. They're catering to the emerging members of a creative industry who, nonetheless, are seeking something of a uniform.

"They'll typically wear designer denim and a great button-up shirt by day, and throw on a sport coat at night to go to a cigar or wine bar," said Westfield Valley Fair mall general manager Matt Ehrie. "Silicon Valley's dressy attire would be casual Friday in most other parts of the country."

Josh Meyer, 30, a products manager at a leading high-tech firm, said higher-level managers who have been in the industry for decades often wear baggy khakis and faded baseball shirts "like they're going to a barbeque," while millennials such as himself like to wear button-up dress shirts and "high-quality denim jeans."

THE ASSOCIATED PRESS

Peter Dering, founder of online startup Peak Design, looks through a package of clothing he got from Buck Mason at his office in San Francisco on Monday. Buck Mason, a new online men's store, has capitalized off men like Dering who are increasingly interested in looking dapper, not dowdy. JEFF CHIU/THE ASSOCIATED PRESS

Market Minute

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WILL YOU SPLIT THE COST WITH ME?

SHE SAYS

Jessica Napier
metronews.ca

Asking your bride-to-be to cough up some cash for her own engagement ring might seem like an indecent proposal, but what if she offers to help pay for the rock? A recent survey conducted by wedding planning website The Knot reveals that more and more heterosexual couples are splitting the cost of the engagement ring. Forty-six per cent of women who responded to the poll indicated that they would be willing to contribute their own money to make sure they wind up with the diamond of their dreams.

I have mixed feelings on this new trend. On the one hand, why shouldn't a woman offer to chip in to help cover the cost of the ring? If she earns big bucks and has a preference for flashy jewelry then it makes sense for her to invest in something she truly wants.

Going Dutch on an engagement ring acknowledges the modern reality of joint bank accounts and merged finances. Cohabitation before marriage is now the norm and splitting domestic expenses is usually part of the arrangement, so sharing the cost on this piece of marital hardware is a practical financial decision.

However, an engagement ring isn't just a cable bill or a furnace that needs replacing. It should be a symbol of love and commitment, not just another item on your monthly household budget sheet. Picking out a ring prior to the proposal and dividing the price tag between two Visa cards kind of takes away the romantic element of surprise. If an engagement ring is a gift from your future spouse, surely the sentiment is more important than the size of the rock?

For better or worse, most North American couples have bought into the wedding industry complex, which dictates that diamonds are an essential part of the courtship ritual. But increasingly it seems that the ring itself — the cut, the colour, the sparkle — has become centre stage in the engagement process.

After announcing news of a proposal, women are accosted by friends and family who can barely get out a hurried, "Congratulations," before demanding to see the ring. Every weekend social media is flooded, not with images of smiling couples, but with close-up, iPhone snapshots of left hands adorned with recently acquired diamonds.

So is this trend towards cost-sharing really about equality, or is it an indication that our obsession with bridal bling has become too much for one paycheque to bear?

At the end of the day, we shouldn't really judge one another or comment on how others choose to spend their money. If you fancy a blinged-out sparkler then go ahead and invest in a nice rock together, but remember that the price of the ring doesn't signify the level of commitment. You can't measure love in carats.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Folk girl is larger than life

COURTESY NATALIA RAK

No, she didn't fall down a rabbit hole

These days, in the Polish city of Bialystok you can seemingly spot a giant girl watering a chestnut tree.

This massive five-storey mural of a girl with a watering can wearing a traditional folk outfit was painted by graphic designer Natalia Rak. The work was made as part of the city's Folk on the Street art festival. METRO

Artist's comments

"At first, the festival organizers wanted to cut down the tree to make room for the mural. But when I showed them my idea, they didn't need to."

Natalia Rak, 27, graphic designer

Timeline

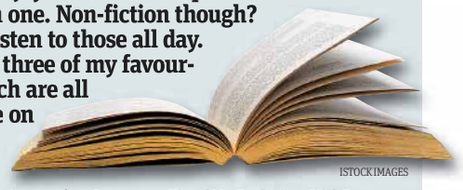
4

It took Rak four hours to make the sketch of the girl. The 27-year-old from Lodz, Poland, used a cherry picker to reach the higher sections of Bialystok's Institute of Chemistry building.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I was slow to come around to audiobooks because early recommendations to me were all fiction, which for whatever reason I couldn't — and still can't — enjoy as an audio experience rather than a written one. Non-fiction though? I could listen to those all day. Here are three of my favourites, which are all available on Audible.



ISTOCK IMAGES

Shadow Divers (Robert Kurson):

When a group of divers set out in 1991 to solve the mystery of an unknown object on the sea floor off the New Jersey coast, they instead find a deeper riddle in the form of what should be an impossibility: A Second World War U-boat that both the German and American governments denied existed. The discovery kicks off a seven-year quest aimed at unravelling the history of "U-Who," a quest that winds through bitter disputes, imploding relationships and family tragedy.

Tearing Down The Wall of Sound (Mick Brown):

Phil Spector's Wall of Sound production technique remains one of the most stunning rackets you'll ever hear, 50 years after the release of classic girl group gems like Then He Kissed Me. By the time Mick Brown began working on this biography, Spector had become a recluse with a very dark reputation — and this was before actress Lana Clarkson was shot dead in the producer's home and true-crime seeped into the story of a music legend.

Tokyo Vice (Jake Adelstein):

A 19-year-old from the U.S. Midwest arrives in Japan to study literature, taking up residence in a Buddhist temple. After launching a career as the first non-Japanese reporter at one of the country's most prestigious newspapers, Adelstein soon finds himself working the crime beat in Tokyo's sleazy and tragically bleak underworld — eventually coming up against one of the yakuza's most fearsome bosses.

Comments

RE: Annie Lennox Slams Music Industry's 'Highly Styled Pornography,' published Oct. 6

Annie is so correct. The videos are such a bad influence on young people ... would be rapists included.

I don't understand why these performers have to resort to this "highly styled pornography" other than to draw more attention to themselves due to low self esteem or to make more money.

Unfortunately, it seems to be working.

scooter posted to metronews.ca

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SCENE 2

DVD review

After Earth

Director. M. Night Shyamalan

Stars. Jaden Smith, David Denman, Will Smith

After Earth is so staggeringly ill-conceived, you almost have to admire the moxie of everyone involved with it. First you have a major studio (Sony), rolling the dice on a sci-fi blockbuster by an auteur director (M. Night Shyamalan), whose previous attempts at popcorn thrills (The Last Airbender, The Happening) were greeted with raspberries. Then you take your marquee star (Will Smith), add 10 pounds and remove all charisma, while benching him for most of the movie. The burden of the picture falls upon the star's 14-year-old son (Jaden Smith), who simply can't emote within the CGI-heavy environment of the dangerous post-Apocalypse planet he's playing hero in. Jaden is told by an older fighter that he's "not ready" for prime time, because he has a tendency to fade in the field — a comment that indirectly serves as criticism of the kid's underachieving acting. The end result is a movie that should have been called Death Wish, had that title not already been nabbed long ago. And the only value in watching it is to see an expensive disaster slowly unfold.

PETER HOWELL

Sara Canning and Ryan Kwanten star in The Right Kind of Wrong. CONTRIBUTED

Lovers... in a digital time

The Right Kind of Wrong. After being skewered on the Internet, rom-com's hero is not your typical knight in shining armour

Stop us if you've heard this one before: The Right Kind of Wrong isn't typical rom-com fare.

"And I need to use the word 'quirky' too, right?" said Sara Canning in an interview. "Because everyone says 'quirky romantic comedy.'"

Canning, 26, plays Colette, the target of the affections of despondent dishwasher/writer Leo (portrayed by True Blood star Ryan Kwanten), whose reputation is left in tatters by his ex-wife's hyper-popular blog Why You Suck.

Leo falls in love with Colette on the very day she's set to marry an athlete humanitarian. What follows is a single-minded, nearly stalkerish, sometimes painful quest to make her love him, turning the lovable male knight trope — and the idea of the weak-willed woman — on its head.

"It's not the traditional way that he takes, but he works his way in there," said Canning. "And I don't think it's just about her falling in love with him, I think it's her realizing a lot about what she's settled on and what she's shelved in her life under some idea of what marriage is."

Kwanten said he relished the chance to play a character who isn't necessarily likable on screen, but who wins over the girl — and the audience.

"Leo is flawlessly flawed in a way. ... This was a character I've never seen in film before, and it was a great challenge, sinking my teeth into this guy who's so self-centred, obnoxious, sort of a professional dreamer. And to step into his shoes like that, it almost made me realize that in a weird way, we all kind of dream to be like that, but because of societal conventions, we're predisposed to not being like that," said the 36-year-old actor.

"Growing up, I was always sort of the shy kid. I was always the fool standing in the corner at a dance party wanting to dance but being too caught up in my own little world, so worried about what everyone else is thinking, to get down and have a bit of a boogie. These days, you hit your mid-20s, your late-20s, you think, 'What do I have to lose? Life's getting away from me and I'm not doing the things that I really want to do,' and this guy does everything he wants to do."

The Right Kind of Wrong hits theatres on Oct. 11.

THE CANADIAN PRESS

Adaptation

The film is adapted from the 1987 novel Sex and Sunsets, which was released well before the Internet's prime. The story in its current form is very much a product of this mobile-device moment, where Kwanten says we are "losing our ability to listen or to be romantic."

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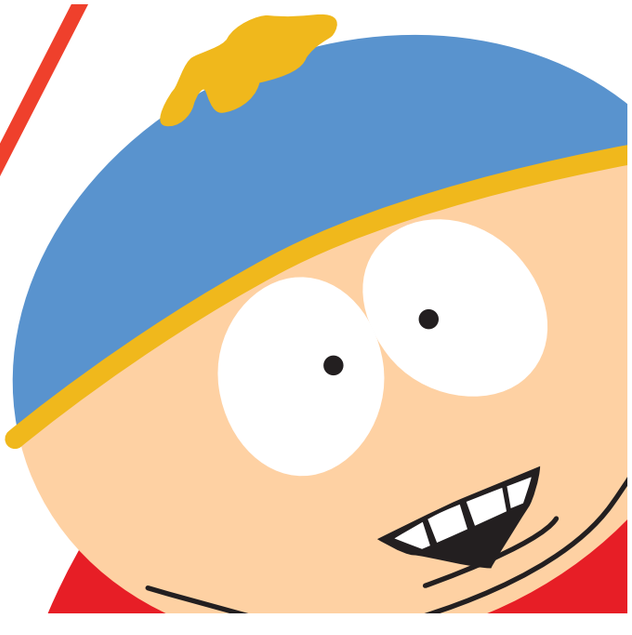

Going behind the grassy knoll

New movie. Giamatti plays Zapruder in new behind-the-scenes Kennedy assassination flick Parkland

Parkland opened on limited release on Friday. CONTRIBUTED

When Dallas businessman Abraham Zapruder set up his Bell and Howell home movie camera to film President Kennedy's visit, he had no idea he would capture the most examined piece of film footage in human history.

In the 26.8 seconds of footage, Zapruder captured the passing motorcade and then the deadly shot to the president's head, which happened right in front of his camera.

Abraham Zapruder was never the same after that.

Paul Giamatti plays the unlikely documentarian in the new film Parkland, which opened in limited release on Friday as November's 50th anniversary of the assassination approaches.

The film recounts the chaotic events that occurred in and around Parkland Hospital after the president was brought there with hopes of saving his life.

One of the film's plot threads centres around the Secret Service investigation, which leads to Zapruder's 8mm film.

"His eyes literally see the thing," Giamatti says of Zapruder's film.

We learn that Zapruder and the Secret Service scrambled around Dallas to find someone that knew how to process the film, as well as the fickle nature of the amateur format (it's actually 16mm film that exposes half the frame on each side). After the film is processed, there's some earlier family footage captured before the historical sequence from Dealey Plaza.

In an interview at the recent Toronto Film Festival, Giamatti said he felt a great deal of sympathy toward Zapruder, and he saw the essence of portraying the immigrant garment manufacturer was to channel how haunted he was by the ordeal.

"He's this kind of inadvertent witness of the whole thing that I think he felt guilty about filming this thing, witnessing it the way he did. He felt shame and guilt and things like that. You weren't supposed to see this and he made everybody see it," Giamatti said.

But playing him wasn't that easy because Zapruder was not well known enough in public to easily understand his mannerisms.

"He's not known as a person so I have a lot of latitude because nobody knows. But it's a good opportunity. It's a fun role to be able to do that," Giamatti said.

He added: "I definitely felt a certain pressure, a certain responsibility that I'd never felt before to the guy because he really was not a man asking for any of this crap in his life."

The Zapruder film has contributed to much speculation.

"I always think conspiracy theories are more comforting to people. It explains and gives it a narrative whereas if you let it sit, it doesn't make any sense. ... It's definitely more than a murder mystery. It's for a lot of people who are into the conspiracy stuff. It's saying something about a kind of moral rot in the country," Giamatti said.

Based on the book Four Days in November: The Assassination of John F. Kennedy, the film weaves the perspective stories of ordinary citizens, including the unlikely predecessor to what we know today as viral video.

"The Zapruder film was the beginning of what we think of almost as social media, you know? When imagery goes viral it takes on a meaning that transcends itself," said Parkland director Peter Landesman.

"The Zapruder film has been probably the most examined piece of footage in human history, and used and abused and used to come up with all sorts of crazy conspiracies. And really, it's the accidental home movie of a man who shouldn't have even been there," Landesman said. THE ASSOCIATED PRESS

Movie news

Elizabeth Olsen
GETTY IMAGES

Another Olsen star now in mix

Elizabeth Olsen's star is rising as rumours swirl that she will join the cast of The Avengers sequel, according to the Wall Street Journal. Samuel L. Jackson spilled the beans on the youngest Olsen sister's role in The Avengers: Age of Ultron.

Jackson, who plays Nick Fury, added that Olsen will be playing Scarlet Witch.

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Pixies: Old band, new tricks and tour

Music. Band member changes and a stealth release have fans excited for shows

The Pixies kick off a North American tour in Toronto Jan. 15. THE ASSOCIATED PRESS

As a young musician, Pixies frontman Charles Thompson was determined to make it past the velvet rope at the mythical club that is rock stardom.

"It inspired us even from the time before we were rock musicians," said Thompson, who performs under the name Black Francis. "It's how we became rock musicians ... the idea of being in that club."

But even for a band as influential and revered as the Pixies, maintaining club membership means staying relevant. And that can be a tricky thing.

How many continual tours of only old hits, after all, can a band embark on before it starts drifting too close to nostalgia act territory? At what point must a band fire up the songwriting engines again to reaffirm itself to new generations of music listeners?

In the case of the Pixies, who disbanded in 1993 and reunited in 2004, the last decade has been marked by what Thompson calls a "never-ending, it seemed, encore performance of our repertoire" with only one new song, Bam Thwok, released in 2004, to show for it.

"It was easy to be distracted from any other kind of ambitions like recording and writing new material because we were constantly touring or taking a break from touring," Thompson said during a recent stop in New York.

Quoted

"You want that wonderment ... kind of like Christmas coming."

Pixies drummer David Lovering on surprising fans with new music

That all changed in late June, when a video for a new song, Bagboy, showed up online unannounced. A few weeks later, the band again surprised fans with an online collection of four new songs released under the name EP-1 along with a global tour announcement. The band added a 33-city, North American leg on Monday that's scheduled to kick off in Toronto on January 15.

The band deliberately kept the whole affair low-key. The new songs didn't leak online, there was no pre-release hype and no record label distribution. Pixies drummer David Lovering, who is also a magician, likens the excitement that resulted to his magic act.

"As a magician the best thing is the element of surprise," Lovering said. "You want that wonderment ... kind of like Christmas coming."

The biggest surprise came two weeks before the release of Bagboy, when the band announced the departure of bass player Kim Deal, who'd been with the Boston quartet since its inception in 1986. Her breathy background vocals and endearing stage presence provided a foil to Thompson's aggressive delivery.

Deal broke the news to Thompson and guitarist Joey Santiago midway through the recording sessions one late morning in a coffee shop.

"I believe Joey and I got up in the next moment and went immediately to a pub and kept drinking ... to kind of soothe the shock that had occurred," Thompson said.

The band was left with four weeks of booked studio time and a decision to make.

Following a period of mourning, they proceeded with production.

"That just gave us all the initiative and really the get-go to go for it," Lovering said.

The new-look Pixies enlisted the help of Simon Archer to play bass on the unfinished tracks and then recruited Kim Shattuck of the Los Angeles band the Muffs to play bass on the current tour.

The new songs are immediately catchy, with more emphasis on traditional song structure and less of the quirky and frenetic nature of earlier songs.

THE ASSOCIATED PRESS

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They're back and wreaking Havok

New album. AFI's singer Davey Havok says the record's tone is 'brutal throughout'

JOHN PLICHTER
Metro World News in Boston

Davey Havok says recording the new album was "pressurized." GETTY IMAGES

Since the release of their major label debut, Sing the Sorrow, 10 years ago, AFI have solidified themselves as a band that can blend a variety of musical genres at once. Just as their look has evolved over the years, so has their music.

"A good analysis would be that we're blending the pure rock feel of Crash Love with the electronic elements of Decemberunderground," says singer Davey Havok when asked about their upcoming album Burials. "It's a musically ambitious record," he says.

The first single off of Burials, is I Hope You Suffer, which seems to have a more brutal sound than anything from Crash Love. Does the whole record follow suit?

I'd say the tone and sentiment of the record is brutal throughout. I Hope You Suffer really represents the majority of it. There's more yelling in tone on the record than in practice.

I understand that it took you only six weeks to record Burials.

It was tense and pressurized. We had to get so much done in such a short amount of time. We stayed focused and managed to do it, and I'm really happy with the way it sounds. But would I have liked to have more time? Yes.

There were a few other songs that I would have liked to track and record.

I've heard that you typically write upwards of 100 songs before selecting the best ones for the record. How many are we talking about here?

I can't say exactly how many we wrote and demoed out this time around, but I feel it was upwards of 60 songs. I really loved a lot of them too.

What to wear...

You've launched a few clothing lines over the past few years. Any fall fashion tips?

- I'm a vegan and don't wear wool, and fall is a very wool-heavy season. ... But there's a lot of great vegan stuff out there. Joshua Katcher just created a line of off-the-rack suits for men that I'm very excited for.

Villain sinks his Klaus into very own spinoff

The Originals.
The Vampire Diaries spinoff gives bad guy Klaus Mikaelson more time to shine

The big, bad villain on the CW's The Vampire Diaries has his own series now.

Joseph Morgan first appeared during season two as Klaus Mikaelson, one of the world's first vampires, who is also half-werewolf. He was a series regular in the third and fourth seasons. "I love it," said the 32-year-old Morgan. "It's been one of the most fun characters I've ever played."

Fans loved Morgan's Klaus and his fellow vampire family members. They were making YouTube videos about the clan before the spinoff was announced. In The Originals, Klaus moves to New Orleans after being away for about a hundred years and wants to take over the city.

Morgan is joined on the series by Vampire Diaries cast members Daniel Gilles, Claire Holt and Phoebe Tonkin.

The show premiered last week on Thursday, but will begin airing in its regular Tuesday time slot (8 p.m. EDT) beginning today. We asked Morgan a few questions about his new show.

How would you describe Klaus?
Klaus is an original vampire. His family was the first vampires to ever walk the planet. He's also a hybrid. He's half-vampire, half-werewolf because his father was a werewolf, different to his siblings. (His siblings had a different father.)

So, when we were made vampires 1,000 years ago and we each made our first kills, part of the werewolf curse is when you make your first kill, you transform (into a wolf), so it was then that my hybrid nature became apparent.

Because of that, Klaus is pretty much indestructible. There's a very, very complicated way that he can be killed, but I don't think anyone needs to know that.

Joseph Morgan says Klaus Mikaelson is the one of the most fun characters he's ever played. THE ASSOCIATED PRESS

What's it like to star in your own show?
For me it's more consuming because I'm just in more of it. There's more to do.

I'm interacting with almost every character and my character is talked about a lot in the scenes I'm not in.

Klaus was a big deal on The Vampire Diaries. He was talked about before he showed up on the show. Did you realize how important the role was to the story?
I thought about like, "You know, maybe he should have a different name like they could call him like William or something."

And then I looked up (the character) online and I was like, "Oh, no. This is already an established thing. We can't go changing this."

Have you ever been a hyperfan of something where the details have been important to you?
I get quite passionate about The Walking Dead and the relationship between the graphic novels and the TV series, like "how can Dale be dead already when he hasn't done the bit where the cannibals eat his legs after he's been bitten and he hasn't laughed because they're eating dead meat?" And "that's such a great moment and I understand why they had to do it, but you know I would've liked to see that moment on film." So, yeah, there's some of that.

Viewers learned in the pilot for The Originals that Klaus might become a father. Wouldn't it be interesting if there's a baby on the set?
Yeah! Right? It's interesting. It will be a very different direction. ... To bring a baby into the mix will be a whole new thing.

THE ASSOCIATED PRESS

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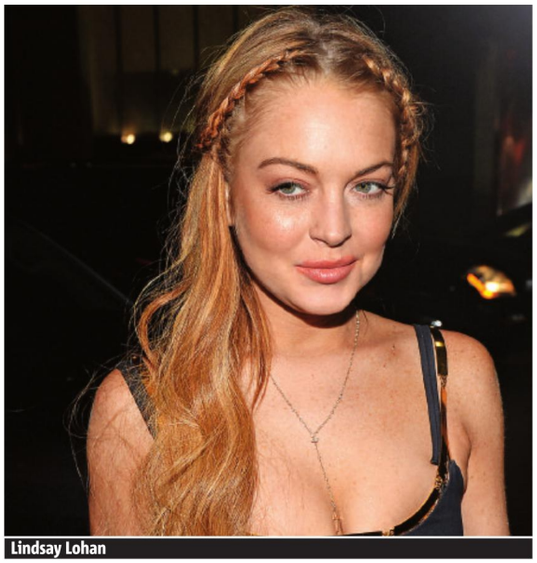


Lindsay Lohan

She's once, twice, six times an expert: Lindsay's tough lessons turn her to teaching?

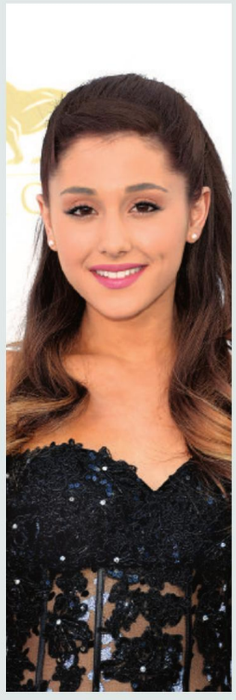
Having been checked into rehab six times herself, Lindsay Lohan is something of an expert when it comes to recovery. Or at least that appears to be the thinking behind her latest idea for a career move. The troubled starlet is reportedly looking into opening her own rehab centre and naming it after herself, according to Radar Online. "Lindsay is telling friends that she knows what works and doesn't when it comes to treatment. She feels that she is in the right frame of mind now to give advice to other young people who have their own problems," a source says. "She loves the idea and really believes that if her name is attached to it, it will help draw attention to sobriety."

A pain in the neck won't stop this Snow White star

Charlize Theron is going to be rocking some scarves for a bit after finally undergoing surgery for a neck injury she suffered several years ago, according to Us Weekly. "Charlize got injured on a set and broke a vertebrae years ago," a source says. "It's been bothering her a lot lately so she had surgery to correct it and they had to go through her neck."

The Word

Jai gets jilted: A D-list love triangle plays out on Twitter



MELINDA TAUB
Metro World News

Do you ever wish pop culture would just freeze where it is? No new famous people admitted, we're at capacity? I feel like every time I turn around there's a new crop of pop star types, singing and courting and calling each other out on Twitter, and it's getting hard to track.

Ariana Grande's ex Jai Brooks posted a long rant on Twitter accusing her of cheating on him when she began her relationship with Nathan Sykes. Apparently all three of these people are famous. OK, OK, I know who Ariana Grande is, and Nathan Sykes is in the Wanted, but for the life of me I can't figure out how I'm meant to have heard of this Jai person.

Anyway, Jai is very sad right now, because Ariana not only dumped him for Nathan — she also cheated on him, he claimed. "Yes I was cheated on. Yes it does suck," he wrote on Twitter.

"Nathan may be a top bloke or a sweet person, but what he did was just completely wrong. He interfered with my life and did not respect my relationship, his actions caused me to not be able to sleep at night and not see the world as a beautiful place. Nathan if you read this, when you hold her hand you better hold it tight because you are holding my world."

Aw, poor kid. Who knows what really went down, but he really does sound heartbroken. I am Team Jay. Sorry, I mean Team Jai.

Scarlett Johansson

Sexy Scarlett knows her title Don come easy

Scarlett Johansson is officially very attractive. Esquire magazine has dubbed the Don Jon star the Sexiest Woman Alive once again, making her the first woman to have the honour of earning the title twice. She was also named Sexiest Woman Alive by the magazine seven years ago. And Johansson doesn't plan on wasting this opportunity. "I'm the only woman to win twice, right? You know, I've got to hustle," she tells the magazine. "I'm a 28-year-old woman in the movie business, right? Pretty soon the roles you're offered all become mothers. Then they just sort of stop."

Twitter

@mindykaling
The hell of the modern dinner party is that interesting people never want to talk about themselves and boring people ask no questions.

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Hot 'n' Cold and fit all over

Katy Perry. The 28-year-old pop star's personal trainer, Harley Pasternak, tells Metro how she stays in shape

ROMINA MCGUINNESS
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She may have John Mayer, more than 42 million Twitter followers and endless chart records, but Katy Perry is just a regular gal who wants the same thing many women want: to look and feel great as quickly and safely as possible.

And here's how she does it. "Katy and I train together three times a week — a typical session will last up to 45 minutes. Every day is different, but we'll always start off with a five-minute cardio warm up, either on the elliptical or on a bike, followed by an upper body exercise, a lower body exercise and an abdominal exercise. We do repeat this sequence as a non-stop circuit a number of times before ending with a five-minute cardio cool down," Harley Pasternak, the star's trainer, tells Metro.

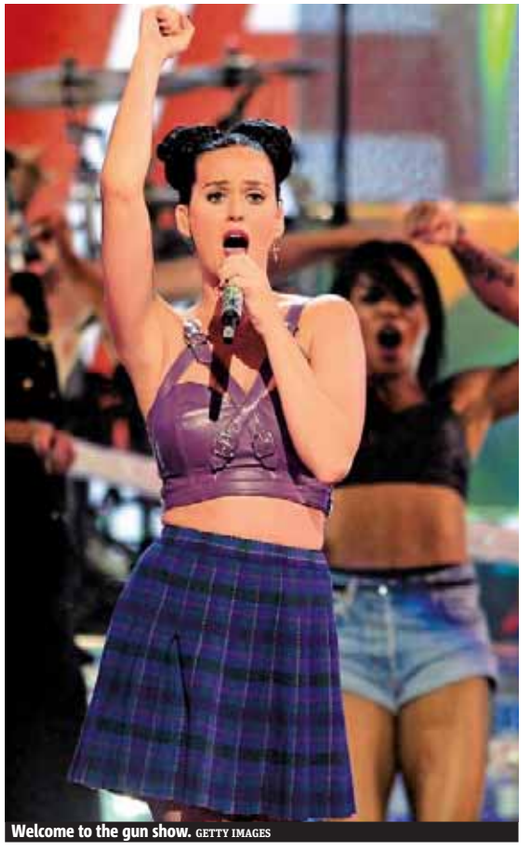
It's not only all about her presence and stamina on stage.

"People (not just the singer) are constantly rolling their shoulders forwards, whether that's because they've been sitting down for too long, texting or working in front of a computer. We really focus on trying to undo that and elongate the front of her body by working her upper back muscles (rhomboids) with things like cable and dumbbell rows. We also focus on her lower back with exercises like Superman and her hamstrings by doing stiff leg deadlifts. We'll also do tricep press-ups or dumbbell tricep extensions."

Work that body

"Every day is different, but we'll always start off with a five-minute cardio warm up."

Harley Pasternak
Katy Perry's trainer



Welcome to the gun show. GETTY IMAGES

The Perry diet

Her trainer makes sure Katy Perry eats five times a day — three meals and two snacks. Every time she eats there has to be a protein, a fibre and a healthy fat. This helps her feel full and boosts her metabolism

Breakfast

Red breakfast smoothie

Lunch

Salad with grilled chicken

Dinner

Shrimp stir-fry

Snack 1

Cut veggies with hummus

Snack 2

Air pop popcorn

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Tracy Anderson dishes on surviving your pre- and your post-natal fitness

Mommy fitness. The trainer to the stars tells Metro how she finds ways to stay in shape even with her new kid

MEREDITH ENGEL
Metro World News

Tracy Anderson, front, promotes exercising — even with an infant in your life. GETTY IMAGES

Fresh off a red-eye from Los Angeles, Tracy Anderson walks into the room cheery, but a bit sleepy. She had been filming her new digital fitness series with Gwyneth Paltrow only hours before.

"The eyelashes fell off, but I still have on my makeup," she tells us, seemingly exhausted.

The trainer knows a thing or two about being exhausted — her 15-month-old daughter is in the car with her assistant, she tells us — but that doesn't mean she gets a pass to skip fitness. And she says new moms — in all their bleary-eyed, spit-up-stained glory — should make sure to squeeze in a little post-natal exercise. But first, she says, we need to cut these women some baby-weight slack.

"The worst thing that we can do is criticize celeb new moms and make it look like it's shameful to not get baby weight off really fast. I don't understand why women do this to women," she says. "It's great when somebody gets it off quickly. I got it off really fast this time. I did not with my son 15 years ago — I gained 60 pounds."

Indeed, the pressure to be "superwoman," she says — balancing career, home and changing bodies — can take its toll. But exercise, she says, isn't something that should fall to the wayside, even in a hectic post-birth life.

"Everyone should exercise, even if you have a heart condition or something — there is a parameter around how you can exercise," she says. "The only people that shouldn't exercise are high-risk pregnant women that are put on bed rest, really, or if you're put on bed rest for some other disease. But moving is life and exercising is life — that's something that's healthy for everyone."

Anderson adds that new moms shouldn't compare their bodies pre- and post-pregnancy because of the chemical changes that take place.

"Every new mom, their body feels like an alien," she reassures. "There's a hormone in your body called relaxin and that hormone gets put through your body during pregnancy so that you can expand to carry the baby, so that your body can change."

But once you have the baby, the hormone doesn't come out with it. It sticks around for six months. All the changes that happen, she says, are meant to prepare us for more kids.

"Our bodies are meant to have more than one baby," Anderson adds. "So nature will only bring the hips back to a certain extent, which is not all the way back to where they were before."

One good move

Her pre-natal fitness move:

- **Quote.** "Getting down on all fours, letting the uterus hang, letting the pressure come up through your back and doing leg lifts will work through your abs. Cardio for me doesn't feel natural during my pregnancies. I walk and I do lots of toning muscular structure work."

Baby health

Research C-sections before committing. ISTOCK

Sparing moms C-section surgery

Expecting twins? You probably don't need to schedule a cesarean section. Most moms can safely give birth without surgery, a big study finds.

It's the latest research to question the need for C-sections, which are done in one-third of all births in the United States and three-fourths of those involving twins. Studies increasingly are challenging long-held beliefs about cesareans, such as that women who had one need to deliver future babies the same way.

Now doctors are looking hard at C-sections for twin births, which are on the rise because of infertility treatments. Twins have more risk for birth complications and some studies suggest C-sections lower that risk, but this had not been put to a rigorous test.

Dr. Jon Barrett of Sunnybrook Health Sciences Centre in Toronto, led a study in 25 countries of 2,800 women pregnant with twins. All of the first of the twins to be delivered were in good position for birth (most doctors still recommend a C-section if the first twin is in feet-first or breech position.)

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Is BMI really the best way to measure your health?

Health science.
Experts weigh in on whether Body Mass Index is a realistic reflection of your general health

VIRGINIA PELLEY
Metro World News

BMI may not carry as much weight as people think. ISTOCK

In the early 19th century, doctors still commonly prescribed bloodletting to treat ailments and disease, and a bag of live caterpillars tied around the neck was considered an effective treatment for whooping cough. Yet despite vast scientific advances in medicine since then, many doctors still use the formula for determining healthy body weight that a Belgian mathematician created in the 1830s. This system, now referred to as the Body Mass Index (BMI), measures body fat based on your height and weight and is recommended by both the Centers for Disease Control and National Institutes of Health — even though according to recent research, BMI is inaccurate and unhelpful in evaluating risk of obesity-related diseases and mortality.

"Someone with muscle mass has a lower risk of disease, even if they're overweight according to their BMI," says Westbury, N.Y.,-based Dr. Andre Giannakopoulos, diplomate on the American Board of Internal Medicine and the American Board of Obesity Medicine and an obesity specialist at the Center for Medical Weight Loss. "For example, a construction worker who's muscular but not necessarily an athlete might be slightly overweight, but that might nevertheless be a healthy weight for him. It's the amount of fat on the body in terms of percentage that contributes to risk."

Because it doesn't take muscle mass, body fat composition, bone density and racial and sex differences into account, BMI shouldn't be the main tool to determine whether someone is at risk of more than 50 obesity-related health problems and diseases such as cancer, heart disease, hypertension and sleep apnea, says Dr. Rexford S. Ahima, professor of medicine at the University of Pennsylvania Perelman School of Medicine and co-author of an article regarding the difficulty of treating obesity published in the journal Science.

"Although BMI isn't very accurate, it's simple, cheap and can be used for comparative studies in various populations," Ahima says.

"Accurate measures for body fat, such us underwater weighing, CT scan, MRI and DEXA, are expensive, cumbersome and not practical for large studies."

But as a growing body of research links obesity with expensive-to-treat chronic diseases, insurance companies are becoming more apt to cover medical treatment for obesity, Giannakopoulos says.

"Treating obesity is much more complex than simply telling people to eat less and exercise more," says Giannakopoulos.

"Looking at overall blood work, for example, can uncover medical issues that could be making weight loss more difficult."

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Best Health

Show some love. ISTOCK PHOTOS

The road to a cancer-free world

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

October is Breast Cancer Awareness Month, and as freelancer Lesley Young writes in the October issue of Best Health, there is a lot to celebrate when it comes to the advances being made in the fight against the disease. To put it into perspective, the breast-cancer survival rate is now 88 per cent, up from 79 per cent 25 years ago. There is still a lot of work to be done. Here are just a few examples of our Good News Awards.

Prevention: most surprising discovery
In early 2013, a study of 1,200 healthy women showed that those with low vitamin D levels during a three-month period before diagnosis had three times the breast-cancer risk as women with the highest vitamin D levels. This suggests that taking vitamin D is strongly connected to cancer prevention.

Detection: most promising technology
The current mammography catches 85 per cent of breast cancer in women whose breast tissue is primarily fatty. But it catches only 60 per cent of cancers in women whose breasts are dense (more tissue than fat). New technologies — breast tomosynthesis and breast-specific gamma imaging — are being developed that are expected to offer better analysis for women with dense breast tissue.

Treatment: most exciting targeted treatments
The drugs in development right now are the next generation of treatment for women with various types of breast cancer. They include one being developed by research leaders right here in Canada — the so-called "sharpshooter" drug can target only the bad cells, whereas traditional chemotherapy is non-specific.

So keep on participating in fundraising activities, this month and all year round. The money you are raising is truly making a difference. If you have participated in a fundraiser, share your stories and photos at besthealthmag.ca/challenge.

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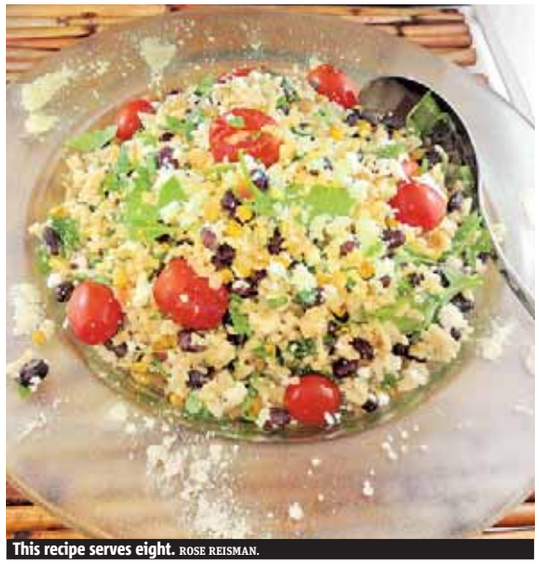

This recipe serves eight. ROSE REISMAN.

Ingredients

- 1 cup brown rice
- 3 cups water or chicken stock
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed garlic
- 1 cup canned corn
- 2 cups grape tomatoes
- 2 cups canned and rinsed black beans (one 19 oz/540 ml can)
- 2 cups arugula
- 3/4 cup crumbled light (30% reduced) feta cheese (2 1/2 oz/75 g)
- 2 tbsp olive oil
- 3 tbsp lemon juice
- pinch of salt and pepper
- 1/3 cup chopped cilantro or parsley
- 1/2 cup diced avocados

This grain salad is best either warm or at room temperature.

It's best to cut the avocado just before serving or squeeze lemon juice over top to prevent browning.

Brown rice is a whole grain filled with nutrients such as B vitamins, fibre and protein.

1. Add the rice to the water or stock with the oregano and cumin. Bring to a boil, cover and simmer for 25 to 30 minutes or until the rice is cooked. Drain any excess liquid. Set aside.

2. Meanwhile in a large skillet, add the oil and onion and sauté for 5 minutes until tender. Add the garlic and corn and sauté until the corn begins to brown. Add the tomatoes and cook until slightly charred (about 3 minutes).

3. Add the beans, arugula, feta, olive oil, lemon juice, salt and pepper, cilantro and rice. Heat just until warm. Add diced avocado.

Health Solutions

Getting corny

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Corn is a great source of fibre, lutein and zeaxanthin to protect your eyesight. Its sweet juiciness also lends itself well to all fall culinary flavours. Here are some creative ways to enjoy it.

• Cut short three-inch chunks and roll in extra virgin olive oil. Then, place into the oven at 375 F for 20 to 30 minutes, turning occasionally. These roasted husks are a beautiful addition to a chili or a side dish to grilled meat.

• Remove the silk and soak for an hour in cold water then place directly on the grill, turn often for 20 to 30 minutes. Remove husks and keep some of the inner leaves as garnish leaves or platter linings through the winter months to add a fresh flair. Store flat in freezer bags in the freezer. Eat corn as usual, rolled in butter.

• Cut from the cob raw and toss into a skillet with a pinch of smoked paprika and/or cayenne and a generous squeeze of lime juice. Add a dollop of butter and serve as a side dish with fish.

• Cut any leftover corn off the cob and stir with minced red onions and a vinaigrette. Use as relish.

• Scrape corn from the cob with a flat knife and reserve any "cream". Stir 1/2 cup corn with its cream with 1/2 cup Greek yogurt and 1/4 cup grated cheddar cheese with a dash of Worcestershire, pinch of oregano and a clove of minced garlic. Use as a bread spread or in wraps in place of mayo. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Show puffed pastry love: Curry Potato Pockets

1. Heat the oven to 350 F. Coat 2 baking sheets with cooking spray.

2. In a medium bowl, combine the onion, carrot, potatoes and edamame. Drizzle with the olive oil, then toss well to coat. Arrange in an even layer on one of the prepared baking sheets, then roast for 15 minutes, or until tender. Sprinkle the garlic, ginger and curry powder over the vegetables, stir to mix in, then roast for another 5 minutes.

3. Remove sheet from the oven, transfer contents to bowl and stir in the coconut milk and cilantro, then season with salt and pepper. Set aside.

4. Unfold sheets of puff pastry, then use knife to cut each into quarters. Spoon about 1/3 cup of filling onto one half of each quarter. Fold other half over the fillings, then use fork to crimp the edges. If desired, the pockets can be frozen at this stage.

5. Carefully transfer (a spatula helps) each pocket onto second prepared baking sheet. Brush the top of each with more olive oil. Bake for 15 to 20 minutes, or until puffed and lightly browned. **THE ASSOCIATED PRESS**

Ingredients

- 1 yellow onion, diced
- 1 large carrot, finely chopped
- 2 russet potatoes, peeled and cut into 1/4-inch chunks
- 1 cup shelled edamame
- 2 tbsp olive oil, plus extra for brushing
- 2 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 1 tsp curry powder
- 2 tbsp coconut milk
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper
- 17.3-oz package frozen puff pastry, thawed (each package contains 2 sheets)

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Could you survive on dollar-store food?

Low-budget living. While doing a second degree, this man lived on food from Dollarama for three years — and his cookbook proves it

Jonathan Lemieux, author of Survivre avec une poignee de change, or Surviving on a Handful of Change, poses at his apartment in Montreal with a copy of the book and food he bought at a dollar store. GRAHAM HUGHES/THE CANADIAN PRESS

A Montreal man who spent three years consuming meals consisting mainly of staples found at the local dollar store has parlayed his culinary journey into a cheap-eats cookbook.

But as Jonathan Lemieux tells it, the exercise wasn't a wild attempt to lose weight or partake in a dieting fad — it was driven by necessity.

The cookbook, Survivre avec une poignee de change, translates loosely to Surviving on a Handful of Change, and chronicles his time as a student trying to make do with limited funds.

Lemieux, now 30, had gone back to school at the time to do a second university degree in fine arts. With a bit of money from working and a budget based on loans and bursaries, he found himself on a very strict food budget. "I decided it was too expensive for me to go to the grocery store, it was almost a luxury," Lemieux said.

He worked with a monthly food budget of between $75 and $115 — or roughly $20 to $25 a week. Armed with basic cooking skills, he was trying to figure out how to stay fed. A trip to the local dollar store triggered an idea.

"One day I was shopping at Dollarama for pens and pencils and I'd forgotten they sell food, so I started to buy all my food there," Lemieux said.

He estimates that 90 per cent of what he ate was bought at the store. He would supplement those foods on occasion with discounted, and nearly expired, meats and vegetables from the grocery store. Lemieux said he tried to clip coupons when he could or go to the open-air market to pick up fresh foods in season. "But most of the time I'd end up at Dollarama," Lemieux said.

Instead of eggs and milk, he used plenty of mayonnaise, soup base and oil. Dollar-store bread was a staple, as were chickpeas.

Some of his favourite recipes include a version of seafood paella using canned mussels and oysters and with beef jerky replacing chorizo sausage. "It was probably much more fattening but it was still good," assures Lemieux. He made a shepherd's pie using tinned beef, canned corn and a box of mashed potatoes. Another favourite was a beet soup, which he said was much like Polish borscht. There was also a pickle soup, "which sounds disgusting, but it's actually pretty good," he added.

Lemieux even found a way to come up with desserts, which he qualified as a luxury while on budget. His favourite was mustard cookies, which include mustard and lots of sugar. "I like them, they're pretty good, and I still make them actually."

The book was released at the end of September in French. Lemieux says it's too early to say if the book will have an English translation, but he'd welcome one. THE CANADIAN PRESS

Metro tried this already...

- It's not the first time the so-called dollar-store diet has been attempted, and experts often say consumption of that much processed food can be problematic in the short term and long term.
- Genevieve Nadeau is a dietitian who oversaw a local Metro reporter's own one-week Dollarama diet this summer, in order to see if the journalist could meet standard nutritional requirements by eating dollar-store food.
- Assessing a food diary, she found way too much salt in such a diet, which is common when eating canned items. Lots of canned meats are high in fat, while canned vegetables are heavy in salt and have little protein.

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OMG! She can get 500 men and she can get 500 more: the 100,000-men challenge

Poland's Ania Lisewska knows how to reach her goals. CONTRIBUTED

KIERON MONKS
Metro World News

In May, Ania Lisewska from Warsaw had an unusual epiphany, deciding she could contribute to a more progressive society by sleeping with 100,000 men covering every country.

The 21-year-old design student's tally is so far just shy of 1,000. She has been prevented from entering countries such as Iraq and Lebanon, but told us she is still confident.

Your mission could take forever. Do you expect to complete it?
The end is far away but I am slowly making progress and everything is going to plan.

It seems very demanding. What is your motivation?
The project started to fight the taboo around sex, and if I can do something for this it will be a good achievement. I am motivated by the positive feedback I am receiving from my fans.

And where have you received the best welcome?
Every country has great lovers, especially Polish, Czechs and Portuguese.

You have become a sort of celebrity. What sort of fan mail do you get? And what do your friends and family think?
Feelings are mixed. There are extreme cases of outrage, threats and negative opinion. I was surprised by the confusion and noise around the project — I had no idea it would move people so much. My family is not very interested.

Have you thought about just doing something else?
Not until I complete my mission!

Uniting to prove not evolving is a sin

Q&A. Transhumanists believe we can hack our bodies to become superhuman and a new generation of Mormons support them

KIERON MONKS
Metro World News

Science mixes with religion like oil and water, but Carl Youngblood, head of the Mormon Transhumanist Association, wants to bridge the gap. Youngblood is disliked by many traditional Christians and transhumanists — who believe technology will make us superhuman — but Youngblood believes that if everyone can stop squabbling there will be fabulous rewards.

Carl Youngblood of the Mormon Transhumanist Association. HANDOUT

What are the main points of unity between your faith and transhumanism?
I'm a Mormon and it is close to a scientific naturalist point of view, in that we ultimately believe there are physical explanations for everything, including miracles. We believe humans can progress from their current state to something more advanced.

What aspects of transhumanism are you most keen on?
I've always been a tech enthusiast since I played with computers as a kid. Ten years ago I read Ray Kurzweil's book on the Singularity, and started to become aware of the rate of change and progress. I began to think things could happen much sooner, and transhumanism has made mainstream the awareness of exponential change.

They want to resurrect the dead. Are you playing God?
There is a tension in entering some domains traditionally left to God. The prospect of indefinite life is threatening to people with a more traditional view, but I see it as reconcilable because of my collective view of a God that works through us and does not impose upon us.

So, who hates you more – the traditional Christians or the science geeks?
We're misunderstood by both sides: a lot of transhumanists are highly secular and cannot reconcile their ideas with religion and see it as a desecration of their goal. Traditional believers see us as heretics. But we're trying to bridge the gap and both sides stand to benefit. Also, transhumanists display religious behaviour in their culture.

Do you take part in the research and experiments? Would you be happy to be part mechanized?
There is not enough of this but we try to make inroads; fundraising for scientific research. We're supporting an exciting protein development project and another for DNA mixing.

Is it a sin not to evolve?
It's hurting ourselves. If we don't take hints from the universe we are punishing ourselves, rather than God.

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Knowing what to teach kids about finances can be difficult, but a new educational tool can help parents tackle the subject. ISTOCK

Dollar Decision$ series helps you talk to kids about money

Education. Interactive tool shows teens about the consequences of their financial decisions

YOUR MONEY
Alison Griffiths
money@metronews.ca

Most parents would rather tackle sex education than financial education. Everyone with kids has some experience of the former but many lack confidence in their money skills. And even if one is pretty good with the bucks, knowing what to teach kids about finances and when to do it can be perplexing.

Then you get to the teen years when educating those little darlings about anything can be as difficult as rappelling without a rope.

Fortunately, there's help for parents of Gen Tech. Dollar Decision$, an interactive series just launched by the Investor Education Fund, is available at getsmarteraboutmoney.ca, and offers three engaging life situations to draw teens into thinking about financial issues.

Dollar Decision$ was rolled out to teachers this summer, but I think it is also an excellent tool for parents who want to encourage teens, not only to make smart financial decisions, but to think about the consequences of different roads taken.

For example, in the Laptop Liberty scenario, buying a new computer offers various options for arriving at the goal. Some leave money in the wallet; others end up resulting in a debt.

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms. I also like the links available, especially the Financial Goals Worksheet — a handy tool for any age. The worksheet gets kids thinking about financial goals, then creating a plan to achieve them.

And while you're at it, encourage teens to try their hand at the Credit IQ quiz link at the bottom of the Dollar Decision$ series. Even though a young person may be years away from getting their own credit card, learning how they work, and how they affect a credit score and one's ability to borrow, is vital information.

Continuing on the kids-and-money theme, there are still a couple of weeks left in the Credit Canada Debt Solutions annual essay contest. Visit cewc.ca. It's open to Grade 12 students with 25 prizes of up to $5,000 available. I'm a judge for the contest. Here's a tip — don't be afraid to expose yourself, and the funnier the better.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Coulda, woulda, shoulda

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms.

Check it out

- Dollar Decision$ is available at getsmarteraboutmoney.ca. The site is run by non-profit organization the Investor Education Fund, and it also contains information about a wide range of other financial topics.

ADVERTISEMENT

Ontario's insurance rate reduction plan aims for 15% in two years

Ontario drivers should soon be seeing a reduction in their auto insurance rates thanks to a plan the government has put into motion to bring rates down by 15%. The two-year plan is set to implement changes that will see an average of 8% reduction by August of 2014.

Steps To Lower Rates

The government has outlined a number of changes it plans to make and problems to address that will result in lower rates across the province. Among them are plans that will crack down on fraud and ensure that good drivers are getting the discounts they deserve. The outlined plan for bring down rates includes:

- *Providing licensing to clinics that handle accident injury reports to prevent fraud*
- *Requiring insurance companies to re-file rates*
- *Continued requirement for discounts offered to safe drivers*
- *Ensuring that the Superintendent's Guidelines in regards to accident benefits are followed*
- *Improving the methods through which towing companies and repair shops are monitored for appropriate practices*

Additionally, the government plans to ensure that the rate reductions are spread evenly across the province so all residents can benefit.

Timeline For Rate Reductions

While the discussions about government efforts to reduce rates have been ongoing for some time, dates have begun to emerge for results. The Financial Services Commission of Ontario is expected to turn in a report approving a 3-5% rate reduction by January of 2014.

The government anticipates an average savings for Ontario drivers of 8% by August 2014, and aims to reach the promised 15% at the end of a two-year period, into the summer of 2015. The rate reductions are expected to appear over time as the changes go into effect; some of the proposed changes could take even more time to trickle down to the driver's insurance bill.

Assessing and Improving Insurance

Ontario's government is looking to internal and external sources to help with consideration of new ways of reducing insurance rates and to assess the current systems in place. This will include insurance dispute resolution systems and how quickly and effectively cost savings are reaching the consumer – the insured driver.

In addition to the already outline plans, the government will be considering other possible ways to bring insurance rates down across Ontario. Ensuring accountability is expected to be a major part of the changes in the insurance system.

Saving Money Today

While a long-term plan for insurance rate reductions is something Ontario drivers can look forward to, most drivers don't want to wait to see a lower insurance bill. Ontario drivers can save money in a more immediate way by shopping around for their car insurance and comparing rates.

InsuranceHotline.com offers no obligation rate comparisons from Ontario's top insurers. One of the current benefits of Ontario's insurance system is that insurance companies can make their own rates, and this means that they can compete with one another for the driver's insurance dollar. Getting a number of rate quotes and comparing discounts and coverage options can bring rates down quickly.

Even once the government's plan to bring down rates goes into action, shopping around for insurance can still help drivers in Ontario to find the best rates available for their particular needs.

Insurance Rate Changes and Driver Impact

The proposed changes to the insurance system are expected to have an impact on drivers in all parts of Ontario. That means that good drivers should at some point see their rate start to go down.

Because of the nature of the changes, drivers are unlikely to notice any kind of immediate impact or sudden drops in rates; this reduction is more likely to be gradual, and the plan spreads it out over two years. Shopping around and comparing insurance will have a much more noticeable impact on insurance rates.

More information on how and when the impact of the changes will be felt should emerge as the plan is assessed and put into action.

Insurance rates are going down?

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Taking a sabbatical requires careful financial planning

Savings strategy. An extended break from work can impact your other monetary goals

While on sabbatical, it's important to maintain a long-term savings strategy so you stay on track with your retirement goals. ISTOCK

Many professionals wish they had more time to dedicate to personal goals, like furthering their education, travelling or dedicating time to a passion they've longed to explore.

Taking an extended break from work to focus on personal aspirations, otherwise known as a sabbatical, can be a great way to recharge, and something many employers are willing to accommodate. While taking a sabbatical can be rewarding time, it takes careful planning and a smart savings strategy to make it a reality.

"A short leave from work, like a six-month sabbatical for example, can have an impact on your day-to-day finances, as well as your long-term savings plan," says Crystal Wong, senior regional manager for TD Wealth Financial Planning.

Map out a plan: Sit down with an advisor to take a close look at your spending habits and determine specific solutions for a budget while on leave. It's also important to determine your needs versus wants to see which areas in your life to cut down on spending if you will be earning a decreased salary.

Look for ways to make a small income: If you plan on going abroad to study, consider renting or subletting your place. This can help to partially offset your housing costs while away.

Continue investing in your future: While on sabbatical, it's important to maintain a long-term savings strategy to stay on track with your retirement goals. If you're unable to make contributions to your RRSP, an advisor can help you adjust your savings strategy accordingly. NEWS CANADA

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Mind your own business before building an empire

Breathe some fire into your career.
Dragons' Den star David Chilton shares his lessons for success and his thoughts on the show's new season

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: David Chilton, Author of The Wealthy Barber

What: TV personality, author and entrepreneur

Where: Every Wednesday on CBC at 8 p.m.

Advice: "I see as many businesses run into troubles being over-capitalized as under-capitalized. When you have too much money you tend to get a little reckless and you tend not to scrimp and save."

Fairy tale dragons are formidable and that's the word that best describes the reality television show Dragons' Den.

While the CBC show sometimes can be cringe-inducing when ill-prepared entrepreneurs are thrown under the bus by the show's bigger-than-life personalities, it delivers a peek at what startups need to do in order to hook a venture capitalist (a.k.a. Dragon).

"What you see is remarkably what happens out there. There's no coaching, no cheating," says David Chilton, the show's newest dragon. "Reality TV draws some skepticism for good reason, (but) this is true reality."

Chilton is ready for the next season, his second on the show that gives entrepreneurs the chance to score lucrative deals and see their products soar to new heights (deal or no deal) thanks to national exposure.

While the show offers solid business mentoring, viewers will certainly vouch for its ability to entertain.

Chilton reminisces about the woman who, six minutes into her pitch, loudly shouted, "Cut" and started telling production staff she wanted to start again. She didn't get a deal.

Moments like these epitomize the struggles entrepreneurs are expected to handle — you only get one shot in business to impress people.

"There are so many ups and downs. You have to do everything, not just the fun stuff but the not-so-glamourous stuff," he says. "You're the person who has to buy the paper clips every day."

Chilton believes young people should get real world experience by running their own business as soon as possible instead of relying solely on school to teach them the fundamentals.

"I'm a big believer in education but I do think some of the courses don't have a lot of practical application in the new environment, to be perfectly honest. "

DURING SMALL BUSINESS MONTH TAKARA SMALL WILL BE INTERVIEWING SUCCESSFUL ENTREPRENEURS, SUCH AS THE CBC'S DRAGONS' DEN STAR DAVID CHILTON, ABOUT THEIR JOURNEY AND LESSONS LEARNED (BOTH PERSONAL AND FINANCIAL) ALONG THE WAY.

E-laborate

• Go to metronews.ca/voices/mom-and-pop-shops to read more about David Chilton's tips for success and what he thinks is the next big trend in entrepreneurship.

David Chilton, author of The Wealthy Barber and Dragon's Den panellist. CONTRIBUTED

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GET MORE BANG FOR YOUR BUCK

CHOOSE THE 'RIGHT' POST-SECONDARY FIELD

PRESSMASTER/COLOURBOX

Canadians who get a post-secondary education still earn more on average than those without, but the "education premium" is narrowing, making the field of study increasingly important, a new study has found.

Chose the wrong field and you might even earn less than if you had never studied after high school.

Benjamin Tal, deputy chief economist at CIBC, and Emanuella Enenajor, economist at CIBC, found Canada has the highest proportion of adults with a post-secondary education among all Organization for Economic Co-operation and Development (OECD) countries. But the cost of the education was double the OECD average and more graduates are falling behind on the earnings scale.

"Despite overwhelming evidence that one's field of study is the most important factor determining labour market outcomes, today's students have not gravitated to more financially advantageous fields in a way that reflects the changing reality of the labour market," Tal and Enenajor write.

University grads used to earn a lot more than college grads, but the difference is only 0.7 per cent today. However, the gap between high school and post-secondary is substantial — a bachelor's degree boosts your earnings by 30 per cent, on average. An MA or PhD adds about 15 per cent.

"For students shelling out thousands in higher-learning costs, a university degree can be viewed as an investment with upfront expenses and a stream of future benefits," Tal and Enenajor say.

The field you study is critical. Math and science qualifications provide an earnings premium of 86 per cent compared to high school grads. A degree in fine and applied arts, on the other hand, actually decreases your earnings by 12 per cent.

"The biggest bang for buck comes from specialized and professional fields such as medicine, law and engineering," they conclude. "Life sciences, humanities and social sciences is where the return on investment is much lower."

And, yet, students continue to pursue low-value degrees in medieval history, they note. It can be an enjoyable and enlightening experience, but it's unlikely to reap the best financial reward.

– Jon Tattrie

TAKE TRIAL RUN AT ROTMAN

FOR THE EXECUTIVE MBA PROGRAM

CONTRIBUTED

There are a number factors to consider before applying to an executive MBA program.

"Whether the motivation is personal growth, career advancement, or a more robust professional network, it's important to have a clear sense of what's driving the decision," says Dr. Beatrix Dart, associate dean, executive MBA programs, Rotman School of Management.

For those who need a trial run, Rotman's MBA essentials for managers program offers just that. This program is an exam-free, eight-session, in-class experience that can help people decide if they are ready to balance school, work and their personal lives.

"It can serve as an 'appetizer' to the EMBA experience and help people experience some of the key subject areas that are covered in the executive MBA programs," Dart says. "Most professionals pursue an EMBA program to enhance their leadership skills and business acumen, enabling them to move into a more strategic or managerial role."

MBA essentials students who choose to continue and pursue one of the executive MBA programs at Rotman receive a credit of half of their MBA essentials program fee toward the EMBA program tuition fee.

For more information about MBA essentials, contact Anita Barberio, program manager, 416-978-5128, anita.barberio@rotman.utoronto.ca, or visit mbaessentials.ca.

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PRESSMASTER/COLOURBOX

BRIDGING PROGRAM PROVIDES OPPORTUNITIES

Like many foreign-trained professionals, moving to Canada can require additional education to meet specific Canadian workplace requirements.

The Ontario internationally educated physical therapy bridging program (OIEPBP) at the University of Toronto is designed to provide educational opportunities for physical therapists educated outside of Canada who already possess specified qualifications to develop the additional knowledge, skills and clinical reasoning required to meet Canadian entry-to-practice standards.

"It's a great program because it helps foreign-trained therapists, like me, to be qualified to take the competency exam and successfully become a licensed physiotherapist," says physiotherapist Azucena (Suzie) Kenny. "Aside from that, the program prepared us to be skillful and competent to the Canadian workplace."

The bridging program also provides cultural and workplace orientation to facilitate success in the workplace.

"I am so grateful and delighted that I was one of the many who benefited from this program and successfully reached my dream and goal to become a registered physiotherapist," Kenny says.

For more about this program, attend an information evening Oct. 23 from 7-9 at 500 University Ave., Room 140. To register, contact iept@utoronto.ca.

DEVELOP PARALEGAL SKILLS AT CDI COLLEGE

No legal office can run without well-trained team members working within the office, and paralegals are one of the most essential.

The paralegal program at CDI College helps students develop the essential skills and knowledge they need to become a paralegal in 51 weeks.

"The program was launched in response to the growing need for well-trained paralegals in the province," says Larry Heinzlmeir, vice-president, marketing, CDI College. "According to Employment Ontario, prospects for paralegals and other legal administrative assistants are good."

Students in the paralegal program learn about the Canadian legal system, Ontario courts and numerous areas of law, including administrative law, torts, contracts, employment law, immigration, and more.

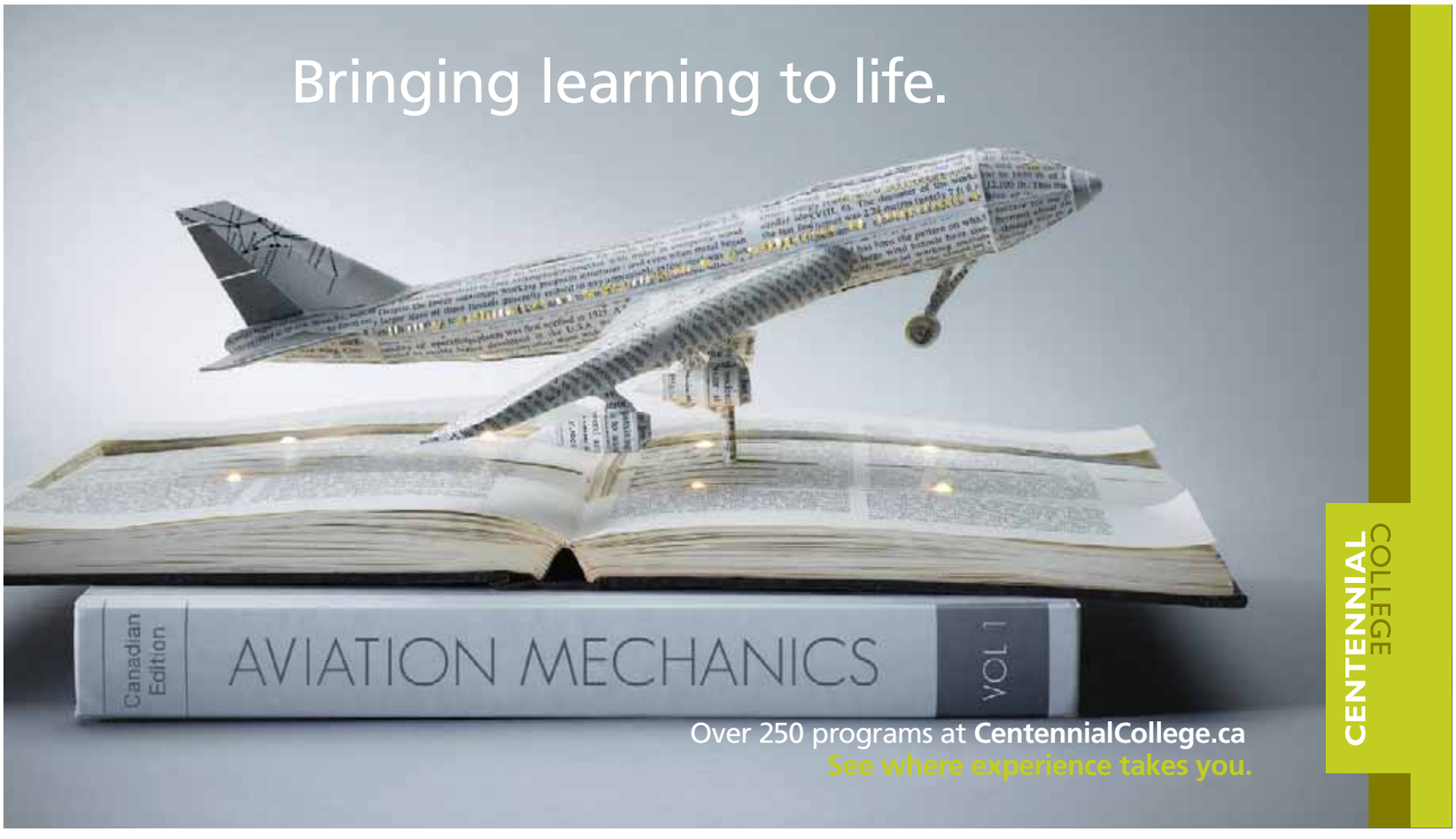
They also learn about legal research and writing, ethics, alternative dispute resolution, computer applications, and surveillance. Paralegal accounting, practice management and operating a paralegal business are covered, as well.

Graduates will be prepared for employment opportunities in law firms, financial institutions, insurance companies, government agencies, large corporations, and self-employment.

CDI College also offers legal administrative assistant and law clerk programs in Ontario.

For more, visit cdicollege.ca/ontario.

SYDA PRODUCTIONS/COLOURBOX



CONTRIBUTED

PRESSMASTER/COLOURBOX

DIG DEEPER AT DEGROOTE

BUILD MANAGEMENT SKILLS

For those who are looking to build on their executive management skills, the DeGroote School of Business, McMaster University offers an advanced executive management program designed to dig deeper into the topics covered in the executive management program.

This group of seven programs will provide individuals with further skills development in the areas of leadership as it relates to change management, strategic planning and best practices on execution, ensuring high-performing teams through proactive coaching, and building a social media strategy for your business needs. Other topics include building successful business cases, sales leadership, and crisis communications, an important topic that has evolved since the upswing of social media.

"Crises are real-time events and now social media enables the world to see these crises unfold in real time," says Dr. Terence Flynn, assistant professor (communications management), department of communication studies and multimedia, McMaster University. "Crisis response no longer has the luxury of time — today organizations must be prepared to respond immediately at the first hint of a crisis or risk and be prepared to be subjected to a potential avalanche of social media attention and coverage."

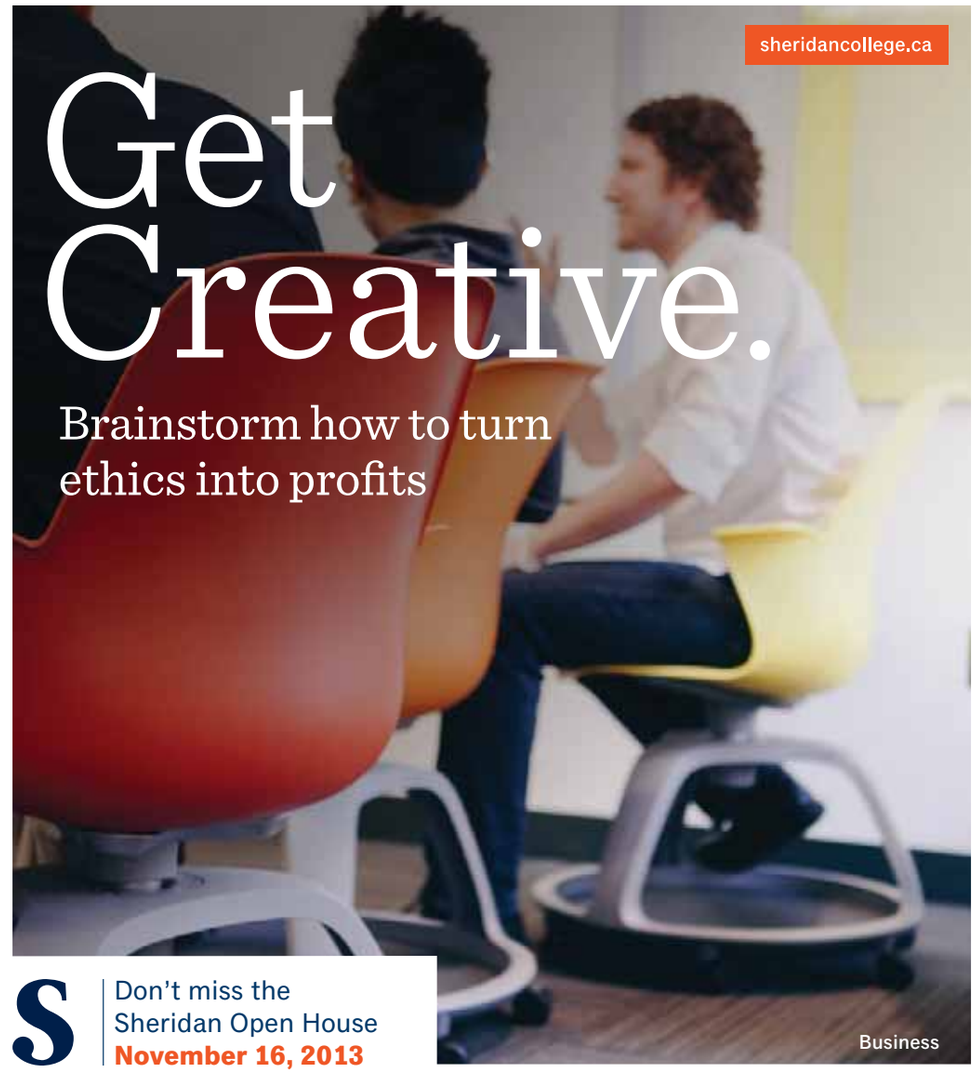
Students will learn key frameworks for crisis preparation and response, understand how communications in high-concern, low-trust situations impact trust and credibility, and critically assess their organization's readiness for a potential crisis event.

The advanced executive management program is flexible and students can choose to take one course or a package of three or five. Once five courses have been completed, students receive a certificate of completion.

Each one-day program is designed for mid- to senior-level managers who are looking to build on their leadership skill set, and those concepts learned in the executive management program.

The program is offered twice a year, with enrolment in the late fall and early summer.

For more information about the advanced executive management program, visit exceed.degroote.mcmaster.ca.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ON THE CUTTING EDGE OF A GROWING FIELD

SHERIDAN COLLEGE

Rapidly changing technology has forever changed the way business is done around the globe.

With more importance being placed on social media, smartphones and online experiences, the way people interact with these forms of technology is becoming more important every day.

Sheridan College recognizes the need for well-trained professionals who find new ways to integrate technology and has created the new bachelor of interaction design.

"There is a demand, it is a growing field and we are right on the cutting edge of it," says Donna Braggins, associate dean, faculty of animation, arts and design, Sheridan College.

This four-year bachelor program is the first of its kind in Canada.

"What we are blending is critical thinking and practical experience; and that is a four-year process," Braggins says.

Interaction design focuses on how people engage with all forms of digital technology, including mobile devices, collaborative interfaces, and global networks.

Interaction designers are creative problem solvers who seek out better ways to enhance a users experience with technology, whether it is through creating new products, developing better applications, or generating more compelling content.

Students in the interaction design bachelor's degree program will gain practical experience in all stages of the creative process, from research and planning through design and execution.

Between the third and fourth year of the program, students will take part in a 14-week job placement (co-op).

"It is incredibly important for students to have the chance to explore their interests since this can be such a broad field," Braggins says.

The first group of students has started training towards this exciting career and the next intake will begin September 2014.

For more, visit sheridancollege.ca.

COURSE MATERIAL

The new bachelor of interaction design courses integrate material from: Design theory and process; visual communication and visual culture; 2D and 3D design; digital media design and production; physical and mobile computing; computer programming; and business practices and entrepreneurship.

CONTRIBUTED

Physical Therapy
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The OIEPB Program is designed to provide educational opportunities for physical therapists educated outside of Canada, who already possess specified qualifications, to develop the additional knowledge, skills and clinical reasoning required to meet Canadian physiotherapy entry-to-practice standards.

Programs and courses in the OIEPB Program include:
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Information Evening:
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HELP MAKE A DIFFERENCE IN THE WORLD

EXPLORE SOCIAL JUSTICE IN NEW CENTENNIAL COURSE

Centennial College students are assigned to a construction project to establish a child care centre in a remote mountain village in Peru.

CONTRIBUTED

For individuals looking to make the world a better place, but don't know where to start, the new international development program at Centennial College will point you in the right direction.

"Our new program addresses a growing need for skilled professionals with global experiences to work for government agencies and non-governmental organizations (NGOs) on development projects and programs," says Dr. Julie Nguyen, program co-ordinator, international business, Centennial College.

"It is a fascinating field for many young people with passion, courage, and dedication to helping those in need and making a difference in the world."

Nguyen says the program is designed for students who have a college diploma or university degree and who are interested in social justice around the world involving issues such as poverty reduction, girls' education, environmental protection, and humanitarian aid.

This three-semester graduate certificate program gives students a critical understanding of development theories and practice, as well as management and cross-cultural skills to work effectively in Canada and/or developing countries.

Students will first learn foundational concepts of international development, followed by a critical examination of development issues in education and health, food security, microfinance, gender equity, natural resources management, environmental sustainability, and urban and rural development.

Knowledge and practice of project management will be emphasized in each semester, from project design and proposal writing to implementation, monitoring and evaluation.

The program includes selected blended/hybrid courses that use technologically enhanced instructional methods and social media tools to allow students to connect with issues, people and development organizations around the world.

"Driving social innovation and social entrepreneurship has become one of the key learning outcomes at Centennial," Nguyen says.

"The practical, experiential learning offered by the international development program will provide students with these new essential skills to secure employment in a changing world."

For more, visit centennialcollege.ca.

EXECUTIVE EDUCATION

Advance Executive Management Program

LEADERSHIP | CONSULTATIVE | PARTNERSHIP | TRANSFORMATIVE

This group of 7 programs will provide you with further skills development in the areas of leadership as it relates to change management, strategic planning and best practices on execution, ensuring high performing teams through proactive coaching, and building a social media strategy for your business needs. Additional topics include crisis communications, building successful business cases and sales leadership.

Upon completion of the five of seven courses, you will receive a certificate of completion from the Advanced Executive Management Program at the DeGroote School of Business.

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SPORTS 4

Perfect Maple Leafs in 'correction mode'

Reasons for concern. Despite 3-0 start Buds expecting to work out kinks and be a lot better

A three-game winning streak usually isn't a breeding ground for complaints.

But after a perfect start to the season, at least in the standings, the Toronto Maple Leafs aren't acting like a team that's coasting along at 3-0. Starting with practice in preparation for Tuesday's game against the Colorado Avalanche, coach Randy Carlyle's group got into what he called "correction mode."

"I would say that there are parts of our game that we need to improve on," Carlyle said Monday. "I think the games in general have been sloppier than what we'd expect, and that's probably the reason for concern. The number of turnovers and the lack of execution plays or fumbling of pucks and that kind of stuff."

Mistakes are to be expected early in the NHL season, and Carlyle expects "scramblier" play in the first 20 games or so. The Leafs' play at times has bordered on scrambly, which is why committing fewer turnovers is a point of emphasis.

Giving the puck away 33 times Saturday night against the Ottawa Senators is clearly not the way the Leafs want to play. But they still managed to erase a two-goal deficit and win in a shootout.

"We're criticizing our team, we're 3-0, but yet the teams we played against, they committed as many errors or more errors than we did," Carlyle said. THE CANADIAN PRESS

Quoted

"I think as a group we know we haven't played our best so far and we found a way to win three games." Goalie Jonathan Bernier

Goaltending coach Piero Greco talks with Jonathan Bernier during practice at Air Canada Centre on Monday. DAVID COOPER/TORSTAR NEWS SERVICE

At odds. Spin-o-rama not turning everyone's crank

Mason Raymond caused quite a stir with his spin-o-rama shootout move Saturday night.

The Toronto Maple Leafs winger scored on Craig Anderson, and the Ottawa Senators and others weren't sure if it should have been a goal after the joint NHL and Players' Association competition committee recommended making the 360-degree spin-o-rama illegal in shootouts over the summer.

During a recent conference call, however, NHL executive vice-president and director of hockey operations Colin Campbell clarified that such a goal could be taken back, but only "if 1) there is interference on the goaltender or 2) the puck stops completely or 3) their motion stops completely and/or reverses." THE CANADIAN PRESS

Early exit. Flyers fire head coach Laviolette

The Philadelphia Flyers fired coach Peter Laviolette after an 0-3 start and a pre-season vote of confidence from ownership.

The move came Monday, less than a day after Philadelphia lost 2-1 to Carolina.

Assistant Craig Berube will take over as coach. He is the Flyers' 18th coach in team history. THE ASSOCIATED PRESS

Quoted

"Nobody shined. Nobody looked good. I couldn't point to one thing that I thought was a positive."

Flyers chairman Ed Snider believes the team's current woes originated from an unspectacular training camp.

Promotion

Lewis surprised with start for Bills

From practice squad to NFL starter: Quarterback Thad Lewis received the surprising news of his sudden promotion Monday, when he arrived at the Buffalo Bills facility for team meetings.

Shortly before 8 a.m., coach Doug Marrone pulled Lewis aside to inform him to get ready to face the Cincinnati Bengals on Sunday.

"He just told me, 'You're starting,'" Lewis said to The Associated Press. "He gave me the nod, so I have to go out and do my best with it."

Lewis is replacing injured rookie starter EJ Manuel. THE ASSOCIATED PRESS

Redskins

Meeting planned to discuss name

The NFL said it will meet with representatives of an Indian tribe from New York that is campaigning for the Washington Redskins to change their nickname.

NFL spokesman Brian McCarthy says Monday a meeting was scheduled for next month and could happen sooner.

THE ASSOCIATED PRESS

Big cats now biggest dogs

28

The Denver Broncos are the biggest favourite ever in an NFL game, a whopping 28-point pick Sunday at home against the hapless Jacksonville Jaguars. The Broncos are 5-0 and have scored the most points in the league, averaging 46 points a game. The Jaguars are 0-5 and have scored the fewest points in the league, averaging 10 points a game.

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A's longball has Tigers on the run

MLB. Detroit on verge of elimination as Oakland powers up in Motor City

The Detroit Tigers have fallen behind the Oakland Athletics for the first time, and there's plenty of blame to go around.

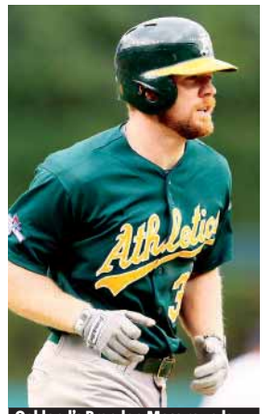
Detroit struggled on the mound, at the plate and in the field during a 6-3 loss Monday that left the Tigers trailing 2-1 in the best-of-five AL division series.

"This is on everybody," Tigers superstar Miguel Cabrera said. "We all need to do better."

The Tigers, who won the series opener, face elimination on Tuesday at home with Detroit right-hander Doug Fister facing Oakland righty Dan Straily.

"We either score runs or we go home," Cabrera said.

The Tigers also will need to pitch and play defence better than they did in Game 3.



Oakland's Brandon Moss rounds the bases after hitting a solo shot in the fifth inning on Monday at Comerica Park in Detroit.
GETTY IMAGES

Anibal Sanchez matched a career high by allowing three homers. He gave up six runs — five earned — to match season highs over 4 1/3 innings.

Sanchez hadn't given up two homers in a game all season, but allowed the A's to clear the fences twice in one inning. Brandon Moss hit a go-ahead, solo homer in the fifth and Seth Smith later followed with a two-run homer in the inning to chase Sanchez and leave him wondering what went wrong.

"I would like to know what happened," Sanchez said.

Tigers manager Jim Leyland insisted he didn't think twice about taking Sanchez out earlier in the pivotal fifth inning.

"He's my guy and he did lead the league in earned run average," Leyland said.

Sanchez did have an AL-low 2.57 ERA and allowed the fewest homers — an average of less than one-half — per nine innings in the league, but he didn't look like the same pitcher in his 2013 post-season debut.

THE ASSOCIATED PRESS

MLB

Blue Jays release first-base and hitting coach

The Toronto Blue Jays are parting ways with hitting coach Chad Mottola and first base coach Dwayne Murphy.

The team announced Monday that Mottola and Murphy will not return to Toronto for the 2014 season. The team added bench coach DeMarlo Hale, pitching coach Pete Walker, third-base coach Luis Rivera and bullpen coach Pat Hentgen will return. THE CANADIAN PRESS

NBA pre-season

Gay leads Raps to pre-season win

Rudy Gay and Tyler Hansbrough both scored 17 points to lead the Toronto Raptors to a 97-89 pre-season victory over Boston on Monday night in Celtics' coach Brad Stevens' NBA debut.

DeMar DeRozan had 13 points and Terrence Ross added 12 for the Raptors.

Gerald Wallace led the Celtics with 16 points.

THE ASSOCIATED PRESS

NLDS. Wacha throws flames as Cards stay alive

Rookie Michael Wacha took a no-hit bid into the eighth inning and the St. Louis Cardinals showed off their October poise, edging the Pittsburgh Pirates 2-1 Monday and setting up a winner-take-all Game 5 in the NL division series. The Cards improved to 7-1 over the last three years when facing elimination. Wacha came within an out of a no-hitter in his final regular-season start.

THE ASSOCIATED PRESS

Cardinals pitcher Michael Wacha
GETTY IMAGES

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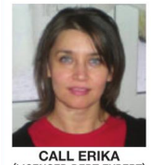

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Horoscopes

♈ Aries
March 21 - April 20
You may not want to make sacrifices but if you don't make them willingly now, the planets will force them on you later on. Financially, you really do need to get your house in order. Find ways to make savings.

♉ Taurus
April 21 - May 21
If you recently embarked on a plan or project, you must see it through to the end. Don't use other commitments as an excuse to avoid what you know must be done. Stick with it.

♊ Gemini
May 22 - June 21
Even if you are happy, there are still things you can change to make life run smoother. Think about it and act decisively around the time of next week's lunar eclipse.

♋ Cancer
June 22 - July 23
Putting emotions into words can be hard and you are aware that a loved one is having difficulty explaining their feelings. Make it easy for them by revealing your own first.

♌ Leo
July 24 - Aug. 23
Your heart may not be in what you have to do but if you knuckle down and make an effort, the planets will make sure your day is productive if not inspiring. One out of two is not a bad score.

♍ Virgo
Aug. 24 - Sept. 23
You know what you want to do, so do it. Yes, most likely someone you live or work with will give you a hard time but you are tough enough to take it. Don't let their negativity discourage you.

♎ Libra
Sept. 24 - Oct. 23
You may have a high regard for the truth but speaking your mind too bluntly could get you in a whole lot of trouble. The facts will come to the surface sooner or later anyway. You don't need to force them.

♏ Scorpio
Oct. 24 - Nov. 22
With mind planet Mercury linked to Saturn in your sign, you may be a bit pessimistic today. There's really no need. Overall, your outlook is extremely good so stop worrying and start having fun.

♐ Sagittarius
Nov. 23 - Dec. 21
Make sure you know what you are getting into before joining forces with people whose motives are a mystery. Most likely there is nothing to worry about but it pays to be sure.

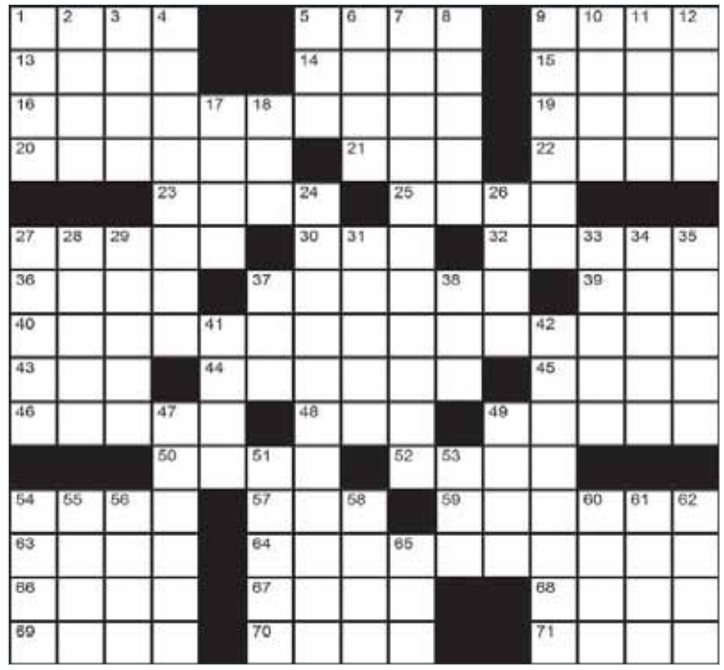
♑ Capricorn
Dec. 22 - Jan. 20
You have no illusions about what needs to be done, so do it. The course you have chosen may be difficult, but you know it's the sensible option. Others may not agree.

♒ Aquarius
Jan. 21 - Feb. 19
No matter how tough life gets in the next few days, tell yourself that in the greater scheme of things everything will work out fine. Faith is a powerful force, sometimes even more powerful than facts.

♓ Pisces
Feb. 20 - March 20
Subtle changes in your environment will be missed by most but your sensitive nature will latch on to them. Don't fear. They are changes for the better. SALLY BROMPTON

Crossword: Canada Across and Down

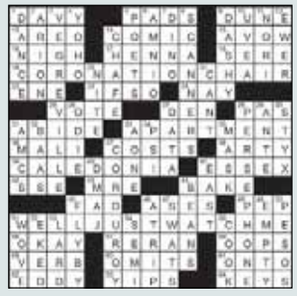
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Soup sort
5. Cuts lumber
9. Mr. Werner, "Canadian Idol" judge
13. Deity worshipped in ancient Thebes, variantly
14. "This __ __..." (Man's phone reply)
15. Bounce back
16. This-time-of-year dessert: 2 wds.
19. Lead-in to 'fall' (Slapstick maneuver)
20. Songstress Britney
21. "Vasoline" gr.
22. Mariah Carey hit
23. Ms. Turner
25. Catch sight of
27. Painter Emily, and others
30. Superman's alter ego ...his initials-sharers
32. Remove pencil
36. Prefix that means 'Mars'
37. ID on a forensics type of TV show: 2 wds.
39. Jazz style
40. Stockpiling rivalry during the Cold War: 3 wds.
43. __ Dhabi
44. Disney mouse
45. Land-on-water
46. Workshop machine
48. Dinner, informally
49. __ and pains
50. Baghdad's locale
52. Waistcloth
54. Closed
57. Couplet
59. Classic book character Mr. Gulliver
63. "Cheers" patron
64. Juno-winning singer/songwriter, Alfie __
66. Golden gymnast Ms. Korbut
67. 'Photosynth' suffix
68. Puck-placement places
69. "__ here long?"
70. Famous concert stadium for The Beatles
71. "Darn it!"

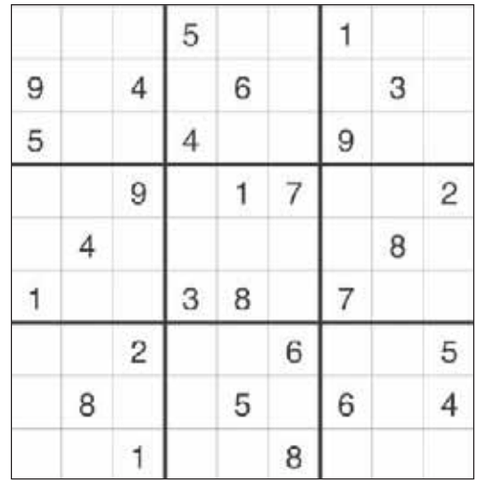
Down
1. Road trip guides
2. "__ __ to my ears in work!"
3. Roughly
4. Soldier's status sometimes: 2 wds.
5. "__ City" (2005)
6. Ancient Egypt symbols
7. Crest products
8. Permeates
9. "__ in the sky at night I wonder..." - Madonna, "Ray of Light"
10. Land amount
11. Arctic __ (Type of fish)
12. Stringed instrument of Japan
17. Kim's momager
18. Q. "__ '_' the 14th letter?" A. "Yes."
24. Fall cooking ingredient: 2 wds.
26. Clothesline clingers
27. Passageway for boats
28. Place listed in The Beach Boys song "Kokomo"
29. Trim again
31. Mr. Reeves
33. Embarrass
34. Architectural base, as for a column
35. Foil-like weapons
37. Cocktail, Mai __
38. Soul, in Paris
41. 911-calling reason, for short
42. British Columbia city
47. Wrestling legend from Alberta, Bret '__' Hart
49. "Wait just ___!"
51. Carpentry tools
53. American state, for short
54. Highbrow
55. Golf course 'opening'
56. Encourage
58. Sheriff Taylor's son
60. __-friendly
61. Ms. James
62. Hold up
65. Pro bono TV spot [acronym]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	4	8	9	7	5	1	2	3
3	9	2	8	4	1	7	5	6
5	7	1	2	6	3	8	4	9
9	1	4	6	2	7	5	3	8
7	6	5	4	3	8	9	1	2
2	8	3	5	1	9	6	7	4
4	2	7	1	8	6	3	9	5
1	5	6	3	9	4	2	8	7
8	3	9	7	5	2	4	6	1

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